

## Previous minor post-partum haemorrhage (PPH)

Welcome to the Royal Berkshire NHS Foundation Trust and congratulations on your pregnancy. We are aware that you had a blood loss of between 500-1000mls with a previous birth. It is normal to bleed after you have a baby. Bleeding mainly comes from the uterus but can be caused by any cuts or tears caused during the birth.

The normal blood loss is up to 500mls but sometimes bleeding is heavier. This is called a haemorrhage and is common, affecting 5 in 100 women nationally. A minor PPH is defined as a blood loss of 500-1000mls (1-2 pints).

We do not believe that women with a previous minor haemorrhage of less than 1000mls are required to be seen in the hospital antenatal clinic. If the blood loss was over 1 litre or you required a blood transfusion, it is recommended for you to give birth to your baby on the Delivery Suite.

We recommend routine antenatal care as documented in the care schedule with your GP and midwife.

Your risk of having a subsequent birth complicated by a PPH is 1 in 10. We recommend an individualised discussion with your midwife about the circumstances of your previous PPH and the treatment for it. Many women can be safely supported to birth their next babies at an alongside midwifery-led unit or at home. We recommend that you have the third stage of labour managed with an Oxytocic drug. This injection helps the placenta to deliver and reduce blood loss. In line with national guidance we support delayed cord clamping. Your midwife, on admission to the hospital in labour, will review your notes and might recommend a blood sample to be taken to check your latest blood count. If they are concerned about your blood count or being able to put in a drip quickly they may recommend a cannula be inserted so fluids and medication can be given should they be required.

### References

1. NICE Clinical Guideline. (2014). *Intrapartum care: care of healthy women and their babies during childbirth*; NICE Clinical Guideline Dec 2014
2. <https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-heavy-bleeding-after-birth-postpartum-haemorrhage.pdf>

This document can be made available in other languages and formats upon request.

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