

# Helping Mothers Survive Bleeding after Birth

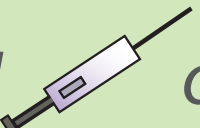
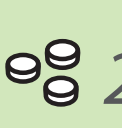
## ACTION PLAN



The Golden Minute®

### Prepare for birth

Birth (See HBB Action Plan for baby)

10 IU  or  200 mcg x 2 or 3 = 400 - 600 mcg

**Give medication within 1 minute**

**Cut the cord between 1-3 minutes**

**Perform controlled cord traction to deliver placenta**

**Placenta out?**

Out

Not out  
in 30 minutes

**Encourage empty bladder**  
**Repeat 10 units oxytocin**  
**Repeat controlled cord traction**

Out

Not out  
in 60 minutes

Incomplete

**Advanced care**

**Check tone**  
Massage if soft

**Placenta complete?**

Complete

**Uterus hard?**

Hard

**Bleeding normal?**

Normal

**Continue care**

Check tone  
Monitor bleeding  
Check vital signs  
Encourage breastfeeding

Soft  
**Massage uterus**  
If still soft  
**Give medication**

Hard  
Heavy bleeding

**Press on tears**

Hard  
Bleeding normal

Soft  
Heavy bleeding

**Compress uterus**

If available

**Rapidly apply NASG**

**Keep warm**  
**Seek advanced care**

**Injectable uterotonics:**

- Oxytocin - 10 IU IM/IV
- Carbetocin - 100 mcg IM/IV
- Ergometrine - 0.2 mg IM/IV
- Oxytocin (5 IU) and ergometrine (0.5 mg) IM

Helping Mothers Survive

# Prevent and manage shock from PPH

ACTION PLAN

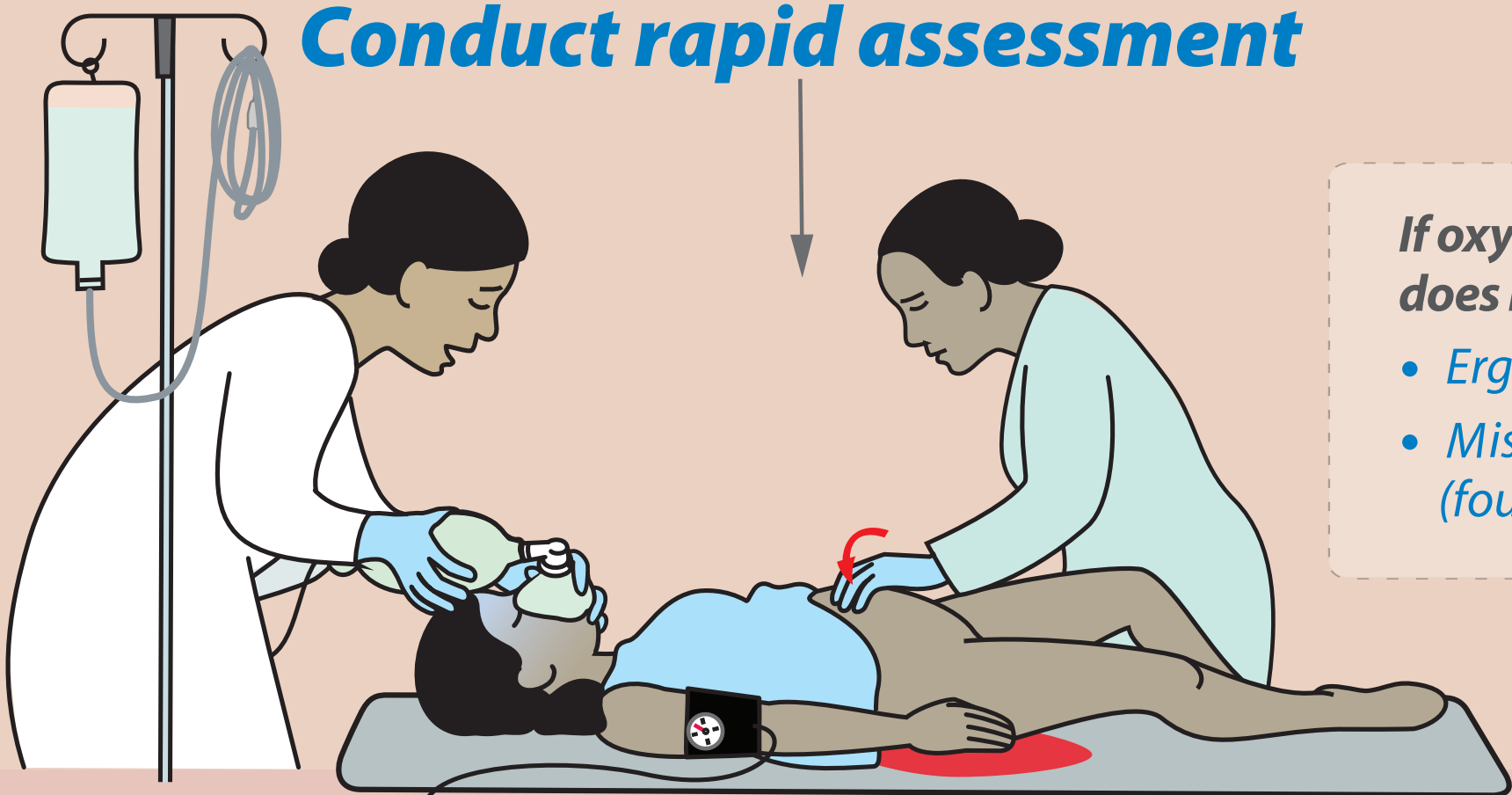
SIGNS OF SHOCK



If bleeding heavily



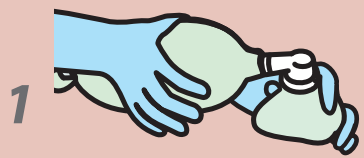
Shout for help  
Conduct rapid assessment



If oxytocin not available or  
does not stop bleeding, give:

- Ergometrine 0.2 mg IM or IV slowly
- Misoprostol 800 mcg under tongue (four 200 mcg tabs)

Start emergency management



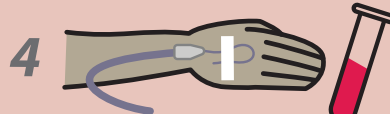
1 Check ABC's and  
give oxygen



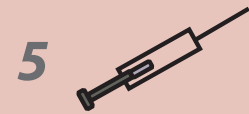
2 Massage  
uterus



3 Give 10 IU oxytocin IM  
(or IV if in place)



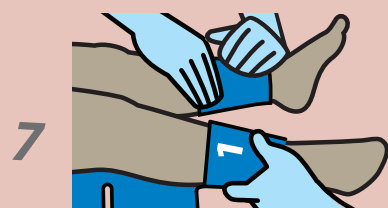
4 Start IV  
Collect blood



5 Give TXA 1g in 10 mL  
over 10 minutes



6 Catheterize  
bladder



7 Apply NASG

DETERMINE CAUSE OF BLEEDING

Check if placenta is out and complete  
Check for bleeding tears

MANAGE

If blood needed, transfuse early

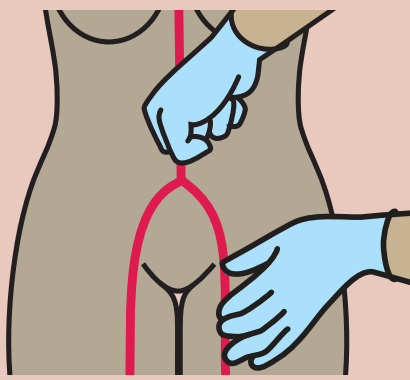
ATONIC UTERUS

Continue massage  
Add 20 IU oxytocin to  
IV and infuse fast

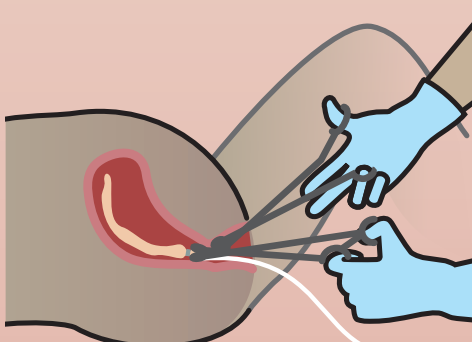


Compress uterus

If still bleeding heavily



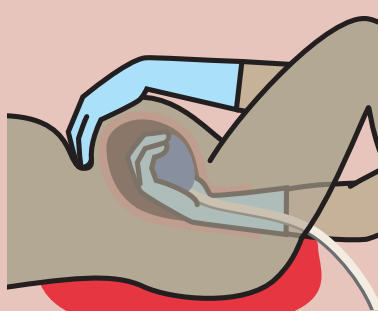
Compress aorta



Insert balloon  
tamponade

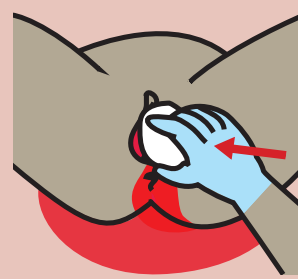
Seek advanced care

RETAINED  
PLACENTA/PARTS

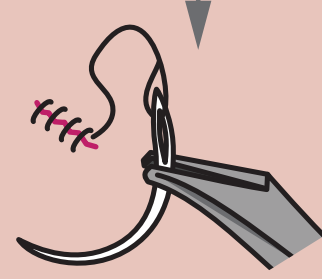


Perform manual  
removal  
of the placenta

BLEEDING TEARS



Inspect, identify



Repair

Placenta or parts  
not out  
OR still bleeding heavily

Seek advanced  
care

Placenta out and complete  
Blood loss normal

Continue care after PPH

Tear repaired  
Blood loss normal

Asses blood loss and status continuously