

# 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 3 = 600 mcg

**Give medication within 1 minute**

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



**Perform controlled cord traction to deliver placenta**

**Placenta out?**

Out



**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

Not out  
in 30 minutes

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

Out



Incomplete

**Advanced care**

Not out  
in 60 minutes



**Massage uterus**

If still soft

**Repeat medication**

Hard  
Heavy bleeding



**Press on tears**

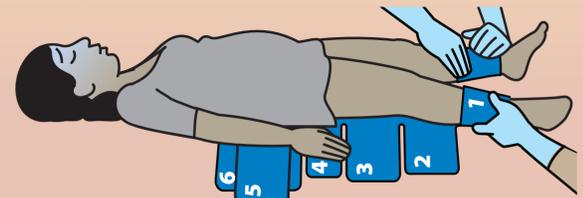
Soft  
Heavy bleeding



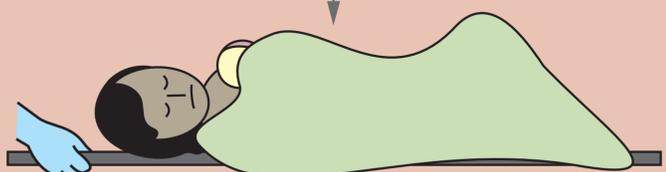
**Compress uterus**

Hard  
Bleeding normal

If available



**Rapidly apply NASG**



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

# Helping Mothers Survive Prevent and manage shock from PPH

## ACTION PLAN

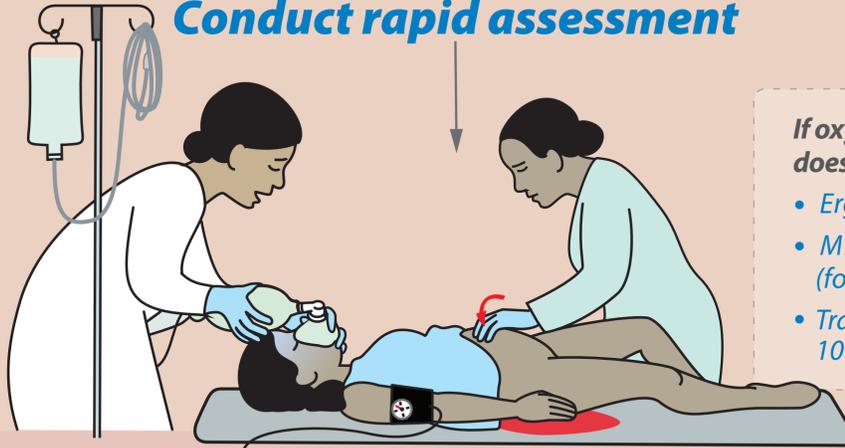
### SIGNS OF SHOCK



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)
- Tranexamic acid (TXA) 1g IV over 10 minutes within 3 hours of birth

### Start emergency management



**DETERMINE CAUSE OF BLEEDING**  
**Check if placenta is out and complete**  
**Check for bleeding tears**

### MANAGE

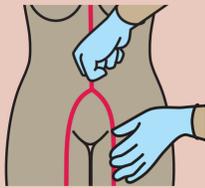
If blood needed, transfuse early

**ATONIC UTERUS**  
**Continue massage**  
**Add 20 IU oxytocin to IV and infuse fast**

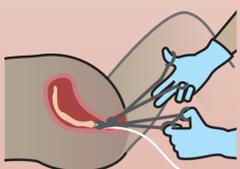


**Compress uterus**

If still bleeding heavily



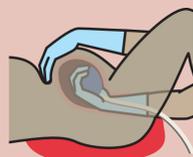
**Compress aorta**



**Insert balloon tamponade**

**Seek advanced care**

**RETAINED PLACENTA/PARTS**

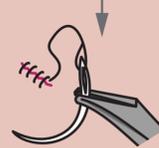


**Perform manual removal of the placenta**

**BLEEDING TEARS**



**Inspect, identify**



**Repair**

Placenta or parts not out  
OR still bleeding heavily

**Seek advanced care**

Placenta out and complete  
Blood loss normal

Tear repaired  
Blood loss normal

**Continue care after PPH**

Assess blood loss and status continuously