

# Ready Reference

A summary of  
**when to call**  
and  
**whom to call**  
with health and  
safety questions



## ARE YOUR BABY'S MEDICAL EXPENSES COVERED?

Don't forget to notify your insurance company within 30 days of your baby's birth to add your baby to your health plan.

The first few weeks after your baby's birth are always eventful — and sometimes quite challenging. Your body is recovering, and your baby is adjusting to life outside the womb. So even if you're an experienced mom, you're bound to have a few questions during this time.

The *Living and Learning* booklets can probably answer most of your questions. This handout summarizes when to call a doctor or seek emergency care. The back page lists some important resources and gives you space to write down a few of your own. Post the list in your home for easy reference.

## BEFORE YOU CALL

Unless you face a medical emergency, take a few minutes to do the following before calling your doctor or your baby's doctor:

- Take a **temperature**, and write it down.
- Write down all the **symptoms** you've noticed. (In the heat of the moment, it's easy to forget something important.)
- If you're calling about your baby, also:
  - Take note of any recent changes in your baby's **eating or sleeping habits, wet diapers, or bowel movements.**
  - Have your **baby near the telephone** when you call. The doctor may ask you to check something in his appearance.
- Have a paper and pencil ready to write down ALL of the doctor's instructions.
- Have the phone number of your pharmacy ready in case the doctor needs to call in a prescription.
- If you're calling for breastfeeding help, have your "Breastfeeding Log" handy. The log is at the end of the *Guide to Breastfeeding*.

For all of the award-winning, evidence-based advice from Intermountain clinical experts, visit: [intermountainhealthcare.org/mombaby](http://intermountainhealthcare.org/mombaby)

You will find booklets and fact sheets on breastfeeding, newborn care, women's health, and pregnancy.





### GET EMERGENCY CARE *in the following cases:*

- **Vaginal bleeding that becomes bright red and heavy** — soaking through more than one pad per hour
- **Large blood clots** (the size of your fist or larger)
- **Leg, groin, or chest pain**
- **Trouble breathing**



### CALL YOUR DOCTOR *if you notice any of the following:*

- **Fever** of 100.4°F (38.0°C) or greater
- **Flu-like symptoms** (for example, chills, body aches, fatigue, or headache)
- **Painful, tender, swollen, or reddened areas** on your legs or breasts
- **Redness, swelling, separation, odor, or drainage** at the site of your incision, episiotomy, or vaginal tearing
- **Any increase in pain**
- **Unusually foul-smelling vaginal discharge**
- **Difficulty urinating** — or burning, painful, or frequent urination
- **Constipation** not relieved by stool softeners and/or laxatives
- **Engorgement** (very full breasts) that is not relieved after 24 to 48 hours (if you're not breastfeeding)
- **Signs of postpartum depression:**  
Severe, daily, long-lasting (more than 2 weeks) feelings of sadness or hopelessness; trouble sleeping or concentrating; little or no interest or pleasure in people and activities; extreme fatigue, anger, or anxiety; thoughts of harming yourself or your baby

### IF YOU'RE BREASTFEEDING...

- Your milk doesn't seem to have come in by the morning of the 5th day (there's no change in how your breasts feel)
- Extremely painful nipples
- Cracks, blisters, or blood on your nipples
- Your baby has trouble latching on
- Sudden increase in nipple soreness (with or without a rash) that continues after the end of a breastfeeding session
- You don't feel better after 24 hours of being treated with antibiotics for a breast infection (mastitis)
- Throbbing pain in one breast, or a part of your breast becomes red and extremely painful to the touch
- Plugged milk ducts, continuing or recurring
- Flu-like symptoms (chills, body aches, fatigue, or headache)
- You suspect that you or your baby has a yeast infection — or a yeast infection isn't improving with treatment



**GET EMERGENCY CARE** *if your baby has:*

- **Vomit that is green or bloody**
- **Dusky or blue skin or lips**
- **Floppiness or extreme difficulty waking up**
- **Poisoning or suspected poisoning** — call Poison Control first (1-800-222-1222)
- **Trouble breathing or chest sinking in with breathing**



**CALL YOUR BABY'S DOCTOR** *if you notice any of the following:*

**SIGNS OF INFECTION OR ILLNESS**

- **Listlessness or excessive sleepiness** or an overall change in activity or temperament
- **Unstable or abnormal temperature** — lower than 97.7°F (36.5°C) or higher than 99.5°F (37.5°C) in the baby's armpit
- **Excessive irritability** (has a high-pitched cry or can not be comforted)
- **Vomiting more than occasionally**
- **Poor eating** (for example, refusal to eat at all, or consistently sleeping 5 to 6 hours between feedings)
- **Reddened or firm skin around the umbilical site** — or skin that has **pus** or a **foul smell**
- **Thrush** — white or grayish-white, slightly raised patches that look like curds of milk on the tongue, lips, or throat
- **Breathing faster** than 60 breaths per minute
- **Wheezing or coughing**
- **Redness, swelling, tenderness, pus, or bleeding at the circumcision site**

**SKIN CHANGES**

- **Jaundice** (a yellow appearance) that does not go away or spreads to cover more of the body
- **A rash** that concerns you
- **Mottled and pale skin** — and a **temperature that's higher or lower than normal**
- **Cradle cap** (scaly skin on the scalp)
- **Severe or persistent diaper rash**

**BOWEL MOVEMENTS AND URINATION**

Pay attention to the number of wet and messy diapers your newborn makes. Too few may signal a problem. Call your baby's doctor if you notice any of the following:

- **ON the 1st day of life**, fewer than 1 wet diaper and 1 messy diaper in a 24-hour period
- **ON the 2nd day of life**, fewer than 2 wet diapers and 2 messy diapers in a 24-hour period
- **ON the 3rd day of life**, fewer than 3 wet diapers and 3 messy diapers in a 24-hour period
- **ON the 4th day of life:**
  - For **breastfed** babies, fewer than 4 wet diapers and fewer than 4 mustard-yellow stools ("poops") in a 24-hour period
  - For **formula-fed** babies, fewer than 4 wet diapers and has no messy diapers in a 24-hour period
- **AFTER the 6th day of life:**
  - For **breastfed** babies, fewer than 6 wet diapers and fewer than 4 mustard-yellow stools ("poops") in a 24-hour period.
  - For **formula-fed** babies, fewer than 6 wet diapers and no messy diapers in a 24-hour period
- **IN the first 2 months, NO MESSY DIAPERS AT ALL IN A 24-HOUR PERIOD**
- **Sudden changes in bowel movements** combined with irritability, poor eating, or other concerns
- **Diarrhea** or stool (poop) that's watery, green, foul-smelling, or contains mucus or blood
- **Signs of discomfort with urination (peeing)** or failure to urinate within 24 hours of a circumcision

*It's okay to call your doctor any time you have a concern about your baby's health — even for symptoms not listed here.*

## IMPORTANT *phone numbers and websites*

Baby's doctor: \_\_\_\_\_

Mom's doctor: \_\_\_\_\_

Lactation (breastfeeding) consultant: \_\_\_\_\_

In case of emergency,  
dial 911.



### FOR BABY

#### **Baby Your Baby Hotline: 1-800-826-9662**

[babyyourbaby.org](http://babyyourbaby.org)

Information, referrals, and assistance in finding financial aid and access to community services — both during and after your pregnancy

#### **Car Seat Safety Information: 801-662-CARS (2277)**

Answers to your questions about car seats and information on having your children's checked at an approved site in your area

#### **SAFE KIDS**

[safekids.org](http://safekids.org)

Information and resources for preventing childhood injuries

#### **Poison Control Center: 1-800-222-1222**

[poisoncontrol.utah.edu](http://poisoncontrol.utah.edu)

#### **Shaken Baby Information: 1-888-273-0071**

[dontshake.org](http://dontshake.org)

### *Other useful websites*

#### **Intermountain Healthcare Mom and Baby Online Center**

[intermountainhealthcare.org/mombaby](http://intermountainhealthcare.org/mombaby)

Here you'll find information, tools, and resources to help you care for yourself and your baby, during and after your pregnancy.

#### **Utah Department of Health**

[health.utah.gov](http://health.utah.gov)

At this site, you'll find links to many resources for mothers and children, including the Immunization Program, the WIC Food and Nutrition Program, the Newborn Screening Program, the Pregnancy Riskline, the Reproductive Health Program, and more.

### FOR MOM

#### **2-1-1 211.org**

Free and confidential information about nonprofit, government, and community resources for: intimate partner violence, postpartum depression, emergency food pantries, rental assistance, public health clinics, child care resources, support groups, legal aid, help signing up for health insurance.

#### **National Domestic Violence Hotline: 1-800-799-7233 or 1-800-787-3224 (TTY) [thehotline.org](http://thehotline.org)**

**Freedom from Smoking** or **Quit for Life**  
[ffsonline.org](http://ffsonline.org) or [quitnow.net](http://quitnow.net)

#### **Postpartum Support International [postpartum.net](http://postpartum.net)**

#### **Utah Maternal Mental Health Collaborative [utahmmhc.com](http://utahmmhc.com)**

#### *For breastfeeding advice and help, contact:*

- **The hospital where you gave birth**  
Call your birthing hospital and ask if there's an outpatient lactation clinic or consultant in your area.
- **La Leche League**  
[lalecheleague.org](http://lalecheleague.org)
- **WIC (Women, Infants & Children) in Utah: 1-877-942-5437**  
[health.utah.gov/wic](http://health.utah.gov/wic)  
**in SE Idaho: 208-678-8608**  
[healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)
- **National Women's Health Information Center on Breastfeeding: 1-800-994-9662**  
[apoyo.postparto.womenshealth.gov/breastfeeding](http://apoyo.postparto.womenshealth.gov/breastfeeding)
- **MotherToBaby helpline (Pregnancy Risk Line):**  
[health.utah.gov/prl](http://health.utah.gov/prl)
  - 1-800-822-BABY (2229)
  - Text: 855-999-3525

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助

© 2002–2017 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. More health information is available at [intermountainhealthcare.org](http://intermountainhealthcare.org). (Reviewed/approved by Women & Newborn Clinical Program 09/16.) Patient and Provider Publications WN009-10/16