

PRECONCEPTION /PREGNANCY

Iron

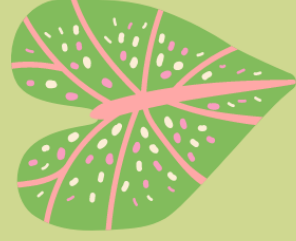
During pregnancy eat a diet high in iron. Have your doctor check your bloodwork for iron deficiency anemia and take iron supplements if told by a provider [2]

Avoid Induction if Possible

Induction of labor can increase the duration of labor. This means that the longer the labor is, the higher risk of postpartum hemorrhage [3]

Space Between Pregnancies

Having two or more years in between pregnancies lowers the risk [4]



POSTPARTUM

Oxytocin

Oxytocin also known as Pitocin is a medication given via IV. It is the synthetic form of the hormone we naturally produce. This helps the uterus contract to decrease bleeding [5]

Uterine Tone Checks

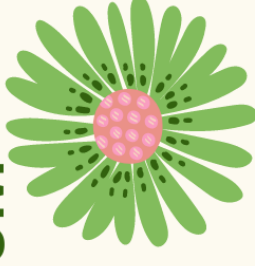
Checking the uterus by pushing on your stomach makes sure that the uterus to contract and shrink back down to its prepregnancy size [6]

Voiding

Going to the bathroom can help your uterus shrink back down to prepregnancy size [5]



POSTPARTUM WITH A NEWBORN



Skin to Skin

Skin to skin with your newborn immediately after birth helps produce a hormone called oxytocin [8]

Breastfeeding

Breastfeeding after birth can help decrease the risk because it produces oxytocin [8]

Tip!

Having a doula can increase having a positive birth experience, shorter labors, and decrease risk of a c-section [9].

[3] Brenner, A., Roberts, J., Balogun, E. et al. Postpartum haemorrhage in anaemic women: assessing outcome measures for clinical trials. *Trials* 23, 220 (2022). <https://doi.org/10.1186/s13088-022-08140-z>
[4] Zhang Qi, Chen SW, Xu X, Zhang HL, Yan JF. Effect of induction of labor on maternal and perinatal outcomes in low-risk singleton pregnancies: a retrospective case-control study. *Eur Rev Med Pharmacol Sci*. 2022; Aug;26(16):5918-5925. doi: 10.26555/eurrev_202208_29531.PMID:36086161.
[5] Jena BH, Blits GA, Gete YK, Geleay KA. (2022). Association of primary postpartum hemorrhage with inter-pregnancy interval in urban South Ethiopia: A matched nested case-control study. <https://doi.org/10.1371/journal.pone.0272126>

[6] Muñoz M, Stensballe J, Ducloy-Bouthors AS, Bonnet MP, De Robertis E, Fornet I, Goffinet F, Hafer S, Holtgreve W, Manrique S, Nizard J, Christofy F, Somama CM, Haray JF. Patient blood management in obstetrics: prevention and treatment of postpartum haemorrhage. A NATA consensus statement. *Blood Transfus*. 2019 Mar;17(2):112-136. doi: 10.2450/2019.0245-18. Epub 2019 Feb 6. PMID: 30885585; PMCID: PMC6476742.

[7] The American College of Obstetrics and Gynecologists. (2017, September 21). ACOG expands recommendations to treat postpartum hemorrhage. ACOG. Retrieved November 25, 2022, from <https://www.acog.org/news/news-releases/2017/09/acog-expands-recommendations-to-treat-postpartum-hemorrhage>

[8] Almutairi, W.M., Ludington, S.M., Quinn Griffin, M.T., Burant, C.J., Al-Zahrani, A.E., Alshareef, F.H., Badr, H.A. The Role of Skin-to-Skin Contact and Breastfeeding on Atonic Postpartum Hemorrhage. *Nurs. Rep.* 2021;11-1. <https://doi.org/10.1002/1461-8685.CD013766.pub6>

[9] Bohren MA, Hofmeyr GJ, Sakala C, Fukuzawa RK, Cuthbert A. Continuous support for women during childbirth. *Cochrane Database of Systematic Reviews* 2017, Issue 7. Art. No. CD003766. DOI: 10.1002/14618685.CD003766.pub6.