

## Post Birth Responsibilities

### 1. Food for Client

- Juice, Coconut water, Herbal tea, Electrolyte drink immediately following birth- use straw in birth kit and place close to client, refill as needed.
- Offer food unless nausea is severe or other responsibilities take precedence- eggs, toast and PB, fruit. If client declines food and it has been a long labor or a long time since she ate, prepare a plate with a variety of choices and place near her.
- Note any food or drink in the chart.
- Keep a basin nearby for nausea.

### 2. Prepare Bathroom

- Pull supplies from birth kit- cold pack, pads/Depends, underwear, peri bottle (fill and place near toilet).
- Ask what she would like to wear after voiding and take to the bathroom.
- Remove bathroom rugs and clear a path to the toilet.
- Underpad should be at the toilet and a folded one near the client for moving to the bathroom.
- If a check for tears was done she can return with a pad on, otherwise return with folded underpad.
- Note if she voided in the chart.

### 3. Birthing Tub/Client's Tub

- Client Tub- drain water and remove any clots, use bathroom cleaner/Clorox spray to clean, and rinse thoroughly
- Birthing Tub
  - Set up pump and drain to toilet or outside (watching to be sure water is flowing without issue).
  - Prop tub with chair or birth ball to drain the balance of water.
  - Carry last bit of water outside to dump and dispose of liner.
  - Use Clorox wipes to wipe inside and outside of tub, dry thoroughly with bath towels or paper towels.
  - Deflate and put in storage bag along with air pump.

### 4. Placenta

- If client wants to see placenta, examination can be done bedside, otherwise done in bathroom.
- Examine placenta- note any irregularities, 3 vessel cord, cord insertion, meconium staining, calcifications, extra lobes, length of cord.
- Note details in client chart.
- Draw blood sample from placental vein if client is Rh negative. Complete eldon card.

- Ask if client has plans for placenta- if encapsulating double bag or seal in container and refrigerate. If planning to dispose then double bag and put in birth trash.

#### **5. Instruments**

- Cord clamping set- straight hemostat, curved hemostat, scissors, umbilical scissors
- Suturing set- hemostat, needle holder, scissors
- Rinse with water and dry thoroughly.
- Place in a plastic bag (side pocket of large green bag).
- Tuck in prenatal basket.

#### **6. Clean-Up**

- Gather laundry and start a load- cold water and detergent. Pre-treat any blood stains with hydrogen peroxide. Discard meconium-stained laundry if possible.
- Gather trash, tie off bag, and place where client directs.
- Clean up any stains on bedding or floor with hydrogen peroxide.
- Tidy remaining birth supplies.
- Bedding on bed or couch where client is resting should be clean and pads changed before midwives leave.
- Bathroom stocked with sanitary pads or Depends.
- Toilet wiped with a Clorox wipe.
- Refill drink and snacks at bedside.
- Postpartum instruction sheet should be handy and times that pain reliever was taken should be noted at the top.