ANTEPARTUM HEMORRHAGE

Antepartum haemorrhage is defined as bleeding from the genital tract in the second half of pregnancy.

**Do’s and Don’t**

1. Do not panic.
2. Call for help.
3. Try calling ambulance to reach hospital.
4. Keep a pad and watch for bleeding.
5. Do not walk or try to move.
6. Stay on the bed until the ambulance arrives. They will try to lift you with stretcher.
7. Lie on your left lateral position for a better blood supply to foetus.
8. Try to get all your records.
9. Try to reach a tertiary centre for better care with neonatal resuscitation facilities.
10. Your doctor will identify the causes for bleeding and manage it accordingly