

Am I bleeding too much?

You should change your pad and empty your bladder (go pee) every 3 hours.

10 mL



25 mL



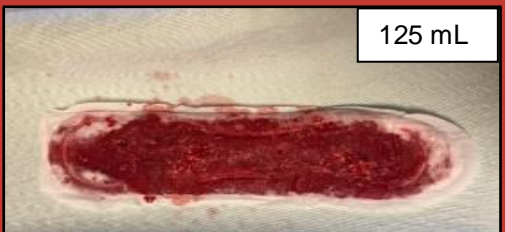
75 mL



100 mL



125 mL



For More
Information
Please Scan:



Normal Postpartum Flow

**May be normal:
Check with your nurse.**

Will depend on:

- how much bleeding you've had so far
- when you last changed your pad

**Show your nurse right
away if:**

- you soak a pad in 1 hour or less, or
- notice clots bigger than a loonie



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