

After Blood Loss During Childbirth

The following instructions are designed to protect you as you recover your strength, assist you in rebuilding your blood iron stores and increase your energy and sense of well-being.

1. Obtain assistance in ambulating as needed, to prevent falling if you become dizzy.
2. Continue your prescribed oral Methergine series of tablets until they are all taken. These will ensure continued contraction of your uterus to avoid further bleeding.
3. Rest in bed when you are not providing personal care or baby care, to facilitate recovery of your strength and energy.
4. Continue fluid intake of at least 2 liters a day. This will enable you to replace and maintain adequate fluid volume in your body.
5. Eat Beef Liver as prescribed. (see below).
6. Drink 1 glass of orange juice every day. This will provide Vitamin C to aid absorption of the iron rich foods you eat.
7. Take oral iron tablets as prescribed. These will help to build iron in your red blood cells.
8. Eat other iron rich foods. (see page 2 over).
9. Call your health care provider for any problems or questions.

Name:

Phone Number:

10. Keep your postpartum appointment as given.

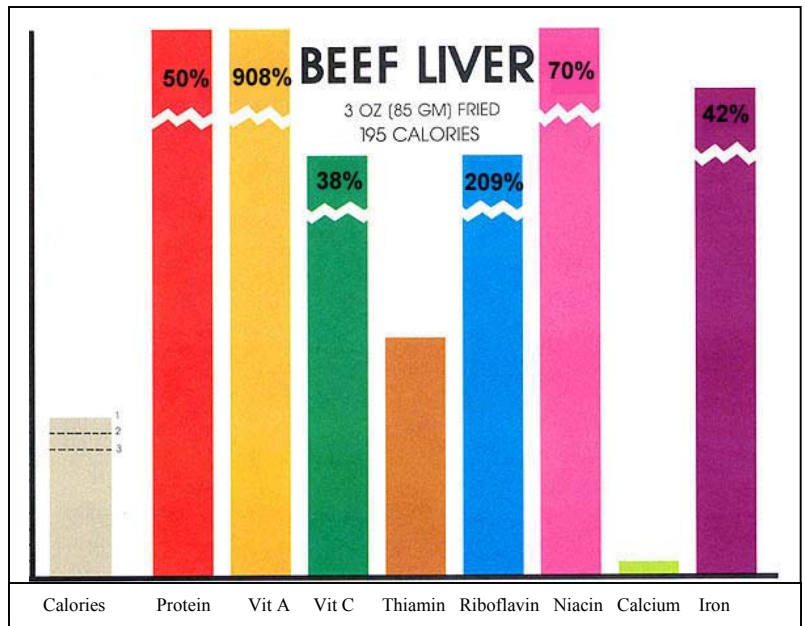
Beef Liver Instructions

1. Purchase 1 pound (.5 kg.) beef liver.
2. Cut it into 8 equal pieces, about 2 oz. (60 grams) each.
3. Wrap each piece in plastic wrap and freeze.
4. Twice a week for 4 weeks, take one piece out.
5. Cut up this piece into little bites.
6. Stir fry by itself, e.g. liver in oil, or seasoned with other desired foods such as onions and/or peppers.

This provides a small, steady intake of a very iron-rich food which enhances its absorption and use in the body.

Click images to enlarge

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Iron Rich Foods

Many foods contain iron, but they vary on how well the iron is absorbed in the body. The most readily absorbed iron is heme iron. This is found mainly in meat, poultry and fish. Non-heme iron is found mainly in plant foods. When these vegetables and grains are eaten together with heme iron foods such as meat, poultry and fish, the absorption of iron from the plant foods is increased. Foods containing Vitamin C help the body absorb non-heme iron, when eaten at the same time.

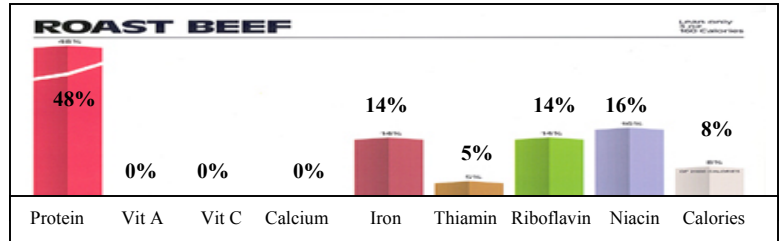
Best Sources of Iron:

Milligrams

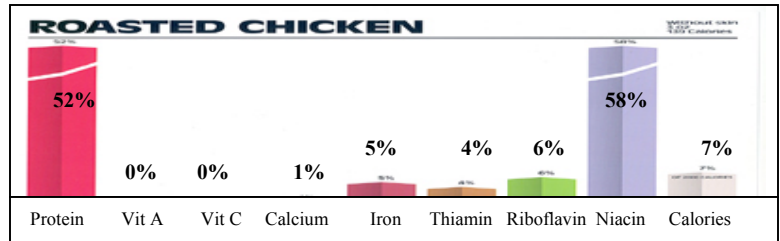
Food comparison Charts % Daily Value

Heme Iron food sources: 3 oz portion

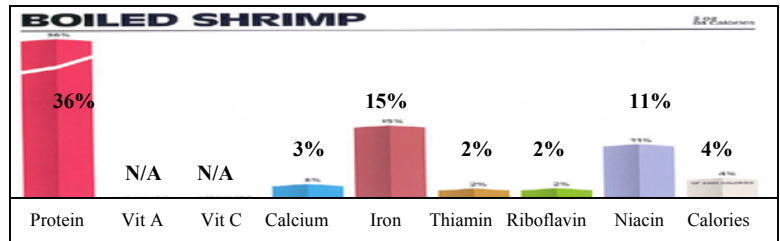
Beef	2.4-2.9
Pork	1.2
Lamb	2.1
Veal	.7



Chicken	.9
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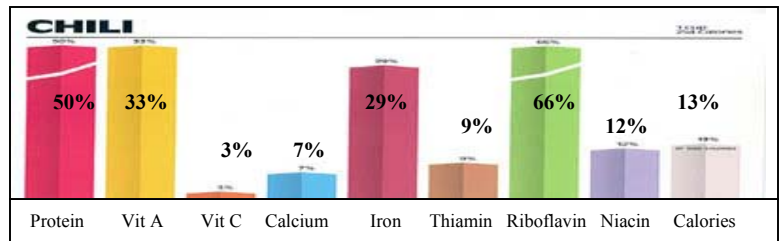


Fish	.2-1.3
Shellfish	2.6-4.8

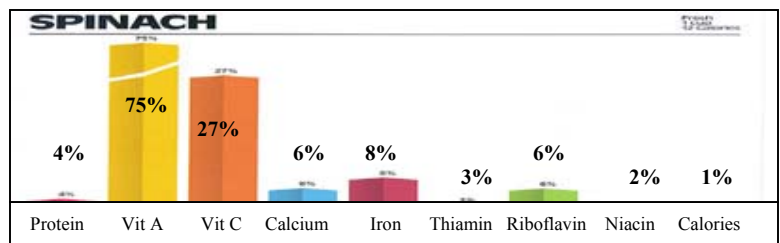


Nonheme Iron food sources

Kidney beans 1/2 c.	2.6
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Broccoli, peas 1/2 c., spinach	.6-1.3
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Baked potato with skin	1.2
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Hard Boiled Egg	.6
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Peanut butter 2 Tbsp	.6
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