PARTNER'S QUICK REFERENCE

Keep this in your wallet or phone case

safariyamama.co.uk

My maternity triage number: _____

Fill this in now - you will need it when neither of you is thinking clearly.

REDUCED MOVEMENTS, BLEEDING, SEVERE HEADACHE OR VISION CHANGES
Call triage immediately. Never wait until morning. Making the call is your job.

999	Emergency
111	NHS urgent advice, 24 hours
116 123	Samaritans, free, any time

Feeding and mental health help:
safariyamama.co.uk/after-birth

ASK BRAIN BEFORE ANY DECISION

Benefits?
Risks?
Alternatives?
Instinct - what does she feel?
Nothing - what if we wait?

If she is not being listened to, say calmly:
"She has told you she is in pain / worried.
Please examine her and record it in the notes."
Persistence is not rudeness. It is advocacy.

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Print on A4 and cut along the dotted line - one card each.

General information, not medical advice. Always speak to your midwife, GP or health visitor. In an emergency call 999.