Postpartum hemorrhage is a heavy bleeding emergency that can occur up to 12 weeks after giving birth. Seek immediate medical care if you have any of these symptoms:

- Heavy bleeding (soaking through a pad in under 1 hour or passing large clots)
- Dizziness, mental "fuzziness" or sudden, serious headache
- Fever of 100.4 degrees F or higher
- Swelling, pain or discomfort in vagina or belly area
- Fast heartbeat
- Blurred or changed vision

If you have any of these symptoms, contact your provider or the Nurse Advice Line (1-800-874-2273* or visit MHSNurseAdviceLine.com**) right away.

If you need immediate medical attention, call 911 or your international emergency number.

*If dialing from the US, Guam, or Puerto Rico
**For web chat, video chat, or to find country-specific numbers

For more information about PPH, please visit: 
https://health.mil/Military-Health-Topics/Total-Force-Fitness/Preventive-Health/Womens-Health/Postpartum-Hemorrhage