

Preventing Falls in the Hospital After Giving Birth

To prevent a fall, ring your call bell and ask your nurse for help.



After giving birth, you are at a higher risk of falling in the hospital, even if you feel steady on your feet.

What can I do to prevent falling?

- Before getting out of bed, ring your call bell and ask your nurse for help. Do this until your nurse says it is safe for you to get out of bed on your own.
- Before standing, sit on the edge of your bed for a few minutes. If you are dizzy, ring your call bell and ask your nurse for help.

How can I keep my baby safe in the hospital?

- If you feel sleepy, or you have taken pain medication:
 - › Put your baby in their bassinet.**or**
 - › Have your support person hold your baby.
- **While changing or bathing your baby, keep 1 hand on them at all times.** Have your support person help you, if possible.
- **Never leave your baby alone.**
- If your baby is in the Neonatal Intensive Care Unit (NICU), always keep them in their bassinet when moving them between the NICU and your room.
Do not carry them.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/Patients-Guides>
Connect with a registered nurse in Nova Scotia any time: Call 811 or visit: <https://811.novascotia.ca>

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