# POSTPARTUM FLOWSHEET

☐ Vaginal Delivery ☐ Cesarean Section
Delivery Date _____ Time _____

**Key:**

**Perineum:** I - Intact H - Hematoma E - Episiotomy
**Laceration:** L - Labial C - Cervical P - Periurethral V - Vaginal 1st 2nd 3rd 4th

**Abd Incision / Drsg:** D - dressing D&I - dry and intact Sc - scant Sm - small M - moderate * see notes

**Bladder** : ✓ - voided

**FOURTH STAGE CARE**

| DATE / TIME | VITAL SIGNS | PAIN SCALE (0-10) | FUNDUS | LOCHIA | PERINEUM | ABDOMINAL INCISION / DRESSING | BLADDER | COMMENTS | ID |
|---|---|---|---|---|---|---|---|---|---|
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**KEY**

| FUNDUS | LOCHIA | BREASTS | NIPPLES |
|---|---|---|---|
| F - firm ↑ or ↓ U | H - heavy R - ru[illegible] | S - soft Fu - full | N - normal Br - bruised T - tender |
| B - boggy | [illegible] S - sero[illegible] | Fi - filling E - engorged | I - inv[illegible] B - blistered P - painful |
| | Sc - [illegible]ant A - [illegible] | | F - flat C - cracked |

| DATE / TIME | DAYS PP | FUNDUS | LOCHIA | PERINEUM | INCISION / DRSG | BREASTS Lt | BREASTS Rt | NIPPLES Lt | NIPPLES Rt | COMMENTS AND ID |
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| Fundus | |
|---|---|
| F - firm ↑ or ↓ U | |
| B - boggy | |

| Lochia | | |
|---|---|---|
| H - heavy | M - mod | Sc - scant |
| R - rubra | S - serosa | A - alba |

| Perineum | | |
|---|---|---|
| I - Intact | H - Hematoma | E - Episiotomy |
| **Laceration** | L - Labial | C - Cervical |
| | P - Periurethral | |
| | V - Vaginal 1st 2nd 3rd 4th | |

| Breasts | |
|---|---|
| S - soft | Fu - full |
| Fi - filling | E - engorged |

| Nipples | |
|---|---|
| N - normal | B - blistered |
| I - inverted | C - cracked |
| F - flat | T - tender |
| Br - bruised | P - painful |

| Abd Incision / Drsg | |
|---|---|
| D - drsg | D&I - Dry and intact |
| Sc - scant | Sm - small |
| M - moderate | * see notes |

| Date / Time | Days PP | Fundus | Lochia | Perineum | Incision / Drsg | Breasts | | Nipples | | Comments and ID |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | Lt | Rt | Lt | Rt | |
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