

## מידע ליולדת – מניעת נפילות

### Dear Mother-To-Be

It is important to us that your stay in the Maternity Department will be safe.

In the days following the delivery, you may occasionally feel dizzy or unsteady. Generally the sensation is mild, passes immediately and is controllable.

### In order to avoid falling, please observe the following instructions:

- **Inform the nurse if you had a fall after a previous delivery, if you have a physical handicap, if you have a tendency to heavy postpartum bleeding, which medications you are taking regularly, and provide any further information that may be applicable.**
- **When you want to get out of bed for the first time after the delivery, do not do so on your own. Use the call bell to call the nurse, who will assist you and remain by your side in case you become dizzy or feel faint.**
- **Whenever you get out of bed, it is recommended that you sit up gradually, wait a bit until you feel steady with your eyes open, and then slowly get out of bed.**
- **Nurse call buttons are available to you at the side of your bed and in the bathroom. If you feel dizzy, breathe deeply and call for help by pressing the bell.**
- **When walking, wear comfortable non-slip shoes. Plastic shoes are not recommended. Do not wander around the department in bare feet.**
- **Inform the nurse of any liquid spilled on the floor or of any wet areas, so that they can be cleaned and dried quickly.**
- **To support or steady yourself only use stable objects that cannot be easily moved. Do not use the baby's crib, an IV pole, cabinet, wheelchair, or other movable objects, for this purpose.**
- **Keep important items within easy reach. (Nurse call bell, mobile phone, spectacles, etc.)**

We are here at your disposal to answer any questions  
The Maternity Department Staff