CPR/Pregnant Woman (3rd Trimester)

1. Does anyone there know CPR? (Trained bystanders may still need instructions. Ask!)  
2. Get the phone NEXT to her, if you can.  
3. Listen carefully. I'll tell you what to do.  
   • Get her FLAT on her BACK on the floor.  
   • Get a pillow or folded blanket and WEDGE it under the RIGHT SMALL of the BACK.*  
   • BARE the chest.  
   • KNEEL by her side.  
   • PINCH the nose.  
   • With your OTHER hand, LIFT the CHIN so the head BENDS BACK.  
   • If possible choking: "Look inside mouth, remove any obvious obstruction".  
   • COMPLETELY COVER her mouth with your mouth.  
   • GIVE 2 breaths of air.  
   • THEN, COME BACK TO THE PHONE! If I'm not here, stay on the line.  
4. Listen carefully, I'll tell you what to do next.  
   • Put the HEEL of your HAND on the CENTER of her CHEST, right BETWEEN the NIPPLES.  
   • Put your OTHER HAND ON TOP of THAT hand.  
   • PUSH DOWN FIRMLY, ONLY on the HEELS of your hands, 2 inches.  
   • Do it 30 times, just like you're PUMPING her chest. Count OUTLOUD 1-2-3-4-5...30.  
   • MAKE SURE the HEEL of your hand is on the CENTER of her chest, RIGHT BETWEEN the NIPPLES. Pump 30 times.  
   • Then, PINCH the NOSE and LIFT the CHIN so the head BENDS BACK.  
   • 2 MORE breaths and PUMP the CHEST 30 times.  
   • KEEP DOING IT: PUMP the CHEST 30 times. Then 2 BREATHS.  
   • KEEP DOING IT UNTIL HELP CAN TAKE OVER. I'll stay on the line.  

*NOTE: When the woman is flat on her back, the position of the pregnant uterus can put pressure on the iliac vessels, the inferior vena cava and the abdominal aorta. To decrease this pressure, the person who is going to do CPR can wedge a pillow or a folded blanket, under the right small of the back, thus moving the uterus to the left side of the abdomen and alleviating pressure on areas where blood flow is vital.  

BACKGROUND INFORMATION: Causes of cardiac arrest during pregnancy can be any of the following:  
   • Pulmonary embolism (blockage of the pulmonary artery by blood clot)  
   • Hypovolemia (diminished blood supply due to internal hemorrhaging)  
   • Amniotic fluid embolism  
   • Congenital and acquired cardiac disease  
   • Trauma