

Pregnancy Visit #12

- Postpartum Care
- Postpartum Danger Signs
- Postpartum Depression



Topics for Next Visit:

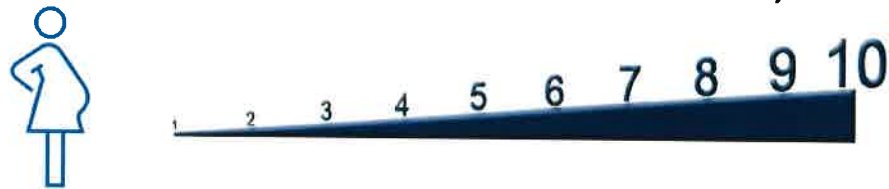
- Postpartum Danger Signs
- Postpartum: The First 6 Weeks
 - Postpartum Depression
 - My Delivery Experience
 - What's New and Next
 - Baby Poop

Readiness for Childbirth

Read each statement below and circle yes or no:

I have been watching for pregnancy warning signs and will contact my healthcare provider if I have any.	YES	NO
I have been exercising. I think I am in good shape for labor.	YES	NO
I have taken or plan to take childbirth classes.	YES	NO
I have a bag packed for the hospital.	YES	NO
I have a planned way to get to the hospital.	YES	NO
I have heard scary things about what happens in the hospital.	YES	NO
I have chosen a support person to be with me during labor and delivery.	YES	NO
I have collected or purchased items my baby will need.	YES	NO
I know how I would like to feed my baby.	YES	NO


On a scale of 1 – 10, how confident do you feel about labor and delivery?



On a scale of 1 – 10, how comfortable do feel speaking up to your OB provider?



If my delivery experience does not go as expected, I will feel:



A blue line drawing of a hand holding a heart.

The weeks following your baby's arrival are special and exciting. However, it can be very busy, and you may feel extra tired. It can be helpful to be prepared before you give birth!

ESSENTIAL ITEMS	WHAT TO EXPECT
<input type="checkbox"/> Pads	You will have vaginal bleeding and discharge after birth, which usually stops by 6 weeks postpartum.
<input type="checkbox"/> Water Bottle	It's important to stay hydrated and you may feel extra thirsty if you are breastfeeding.
<input type="checkbox"/> Healthy Snacks	Nutritious food you can eat with one hand may be helpful if you are holding a baby and you may find you have an increased appetite if you are breastfeeding.
<input type="checkbox"/> Comfortable clothes	It takes time for your uterus to shrink back to its pre-pregnancy size.
<input type="checkbox"/> Medicines	Your health care provider may prescribe some before you leave the hospital or recommend some you can get over the counter, such as a stool softener or pain medicine.
<input type="checkbox"/> Nipple Cream (if breastfeeding)	Your nipples may be sore from breastfeeding.
<input type="checkbox"/> Nursing Pads (if breastfeeding)	You may leak breastmilk.

4th Trimester

The first 12 weeks of your baby's life is considered the "4th Trimester". This is when babies are adjusting to life outside the womb and mothers begin recovery.



Did you know?

In many cultures there is 30-40 days of complete rest for moms, where family members help cook and clean so mom can focus on feeding and caring for her baby.

How will you ask loved ones for help during your 4th trimester?

The first 6 weeks after delivering your baby is an important time for the health of you and your baby. Whether you had a c-section or vaginal birth, you need a lot of rest and you also have a baby with many needs. This is a time of joy and excitement, but women can also experience challenges including pain, increased stress, lack of sleep and breastfeeding difficulties. Creating a plan can help your postpartum transition go as smoothly as possible!

MY POSTPARTUM CARE PLAN				
Rest	What are some strategies to help me get enough sleep?		Support person to care for baby so I can take a nap:	
Infant Feeding	Would I prefer to breastfeed or formula feed?	Supportive friends or relatives who will encourage my choice:		Resources if I need help:
Nourishment	Healthy meals to make before baby arrives:	Nutritious, affordable take-out or delivery options:	People who can cook and deliver meals for me after baby arrives:	Ways I can stay hydrated during my recovery:
Support People	Who may be available to help during the day?	Who may be available to help during the night?	Responsible friends and family I trust to provide occasional childcare:	
Medical Care	What medicines do I need?	What birth control method have I decided to use?		What day is my postpartum checkup scheduled?

At around 6 weeks postpartum, your health care provider will want you to come in for a checkup. Some providers may want to see you as soon as 3 weeks postpartum.



After your 6-week postpartum checkup, it is recommended to return to your health care provider in 1 year, or sooner if needed. Baby will continue to have regular checkups throughout the first 2 years of their life.

Postpartum Checkup - Provider Checklist:

- How your body is recovering physically?
- The level of your appetite and hydration status
- When returning to exercise and resuming sex is appropriate for you
- Prescribing or inserting the birth control method you would like to use
- Breast care if you are breastfeeding
- How you are feeling emotionally?

BE KIND TO YOURSELF!

Self-care must come first so you have the energy to meet your baby's needs. Don't hesitate to ask others for help during this time!

My Postpartum Support Plan

Someone I can call for breastfeeding help:

Someone I can call for mental health help:

My health care provider's phone number:

My postpartum appointments are scheduled for:

_____ and _____

My _____ knows to help me call 911 if I experience:

- Pain in chest
- Shortness of breath
- Seizures
- Thoughts of hurting myself or my baby

Trust your instincts. Always seek medical care if you don't feel well or have concerns.

There are various postpartum body changes you may experience after your baby is born.

In the first several weeks, it is common to experience many different emotions such as happiness, sadness, irritability, and others. Talk to someone you trust about how you are feeling.

You may experience nipple soreness if you choose to breast or chest feed. Use nipple cream or gel pads for comfort. Use nursing pads to help with leaking.

If you choose to formula feed, wear a supportive bra, and avoid stimulation of the area.

Vaginal bleeding and discharge will occur for about 6 weeks postpartum. It will start out bright or dark red, change to brown or pink, then end as yellow or white.

You may feel extra tired as you heal from delivery and adjust to taking care of a newborn. Fit in rest whenever you can to support your physical and emotional recovery.

Hair loss is common during the first year postpartum due to decreasing estrogen levels. Limit styling, especially styling with heat, and ask your health care provider about continuing your prenatal vitamins.

Gas, bloating, and constipation can occur. Drink plenty of water, stop pain medications as soon as you can, and eat high-fiber foods like beans, vegetables, fruits, and whole grains.

Whether you had a vaginal birth or Cesarean section, you are likely to feel sore. Rest and follow hygiene instructions to allow tissues heal and be gentle with yourself as your body recovers!

You may leak urine. Most people notice it during coughing, sneezing, or laughing. Strengthening the muscles may help it improve. Talk to your health care provider about pelvic floor physical therapy.

It is normal to sweat more than usual, especially at night. This is one way your body releases extra fluids from pregnancy and delivery.

SAVE YOUR LIFE:

Get Care for These POST-BIRTH Warning Signs

Most women who give birth recover without problems. **But any woman can have complications after giving birth.** Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.

POST-BIRTH WARNING SIGNS

Call 911
if you have:

- ☐ **P**ain in chest
- ☐ **O**bstructed breathing or shortness of breath
- ☐ **S**eizures
- ☐ **T**houghts of hurting yourself or someone else

**Call your
healthcare
provider**
if you have:

(If you can't reach your
healthcare provider,
call 911 or go to an
emergency room)

- ☐ **B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- ☐ **I**ncision that is not healing
- ☐ **R**ed or swollen leg, that is painful or warm to touch
- ☐ **T**emperature of 100.4°F or higher
- ☐ **H**eadache that does not get better, even after taking medicine, or bad headache with vision changes

**Trust
your instincts.**
ALWAYS get medical
care if you are not
feeling well or
have questions or
concerns.

**Tell 911
or your
healthcare
provider:**

"I gave birth on _____ and
(Date)
I am having _____,"
(Specific warning signs)

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- **Pain in chest, obstructed breathing or shortness of breath** (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or someone else** may mean you have postpartum depression
- **Bleeding (heavy)**, soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- **Incision that is not healing, increased redness or any pus** from episiotomy or C-section site may mean you have an infection
- **Redness, swelling, warmth, or pain** in the calf area of your leg may mean you have a blood clot
- **Temperature of 100.4°F or higher, bad smelling vaginal blood or discharge** may mean you have an infection
- **Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia

**GET
HELP**

My Healthcare Provider/Clinic: _____ Phone Number: _____
Hospital Closest To Me: _____

Postpartum Danger Signs



Call 911 if you have any of these warning signs:

Danger Sign	Possible Danger
Seizures	Preeclampsia (a serious blood pressure condition)
Shortness of breath	Heart condition or blood clot in lungs
Pain in your chest	Heart condition or blood clot in lungs
Thoughts of hurting yourself or your baby	Mental health concerns

Call your health care provider **IMMEDIATELY** if you have any of these warning signs.

Danger Sign	Possible Danger
A headache that won't go away	Preeclampsia (a serious blood pressure condition)
Vision problems (like seeing spots or blurry vision)	Preeclampsia
Dizziness or fainting	Preeclampsia or hemorrhage
Fever or chills	Infection
Hard, swollen, red, warm or painful area in a breast (especially with flu-like symptoms)	Mastitis
Burning or pain when you urinate or needing to urinate often	Bladder or kidney infection
Passing blood clots or vaginal bleeding more than a period	Hemorrhage
Cesarean (C-section) or perineal incision not healing	Infection
Swollen, warm, tender area in leg	Blood clot



My provider's name: _____

My provider's phone number: _____

You can say:

"I had a baby on _____ and now I am experiencing _____."

Note: This information is not intended to replace your medical provider's specific instructions.

Postpartum Depression (PPD)

Postpartum Depression (PPD) is a medical issue that happens to some women after baby is born. It usually involves feelings of intense sadness, worry, and fatigue that may disrupt your ability to take care of the things you need to day-to-day and impact the care of your baby.



When “depression” doesn’t quite describe how you’re feeling...

The term “postpartum depression” is used most often. However, there are several kinds of mood disorders women may experience, including:

Postpartum Anxiety
Postpartum Obsessive-Compulsive Disorder
Postpartum Post Traumatic Stress Disorder
and others.

Your nurse and health care provider can help connect you with the support you need to feel like yourself again!

SYMPTOMS OF POSTPARTUM DEPRESSION

Emotional	Physical	Behavioral
<input type="checkbox"/> Feeling sad or crying a lot	<input type="checkbox"/> Not sleeping enough or sleeping too much	<input type="checkbox"/> Trouble bonding with your baby
<input type="checkbox"/> Feeling irritable or angry	<input type="checkbox"/> Changes in appetite	<input type="checkbox"/> Avoiding family or friends
<input type="checkbox"/> Feeling guilt, shame, or like a failure	<input type="checkbox"/> Difficulty focusing or concentrating	<input type="checkbox"/> Less interest in doing things you used to enjoy
<input type="checkbox"/> Feeling persistent doubt that you can care for you baby	<input type="checkbox"/> Body aches or pains	<input type="checkbox"/> Thoughts of hurting yourself or your baby

Call your health care provider if you experience any of these symptoms.

**If you have thoughts about hurting yourself or your baby and can't immediately reach your health care provider, put your baby in a safe place and call 9-1-1.*



Postpartum Depression is never your fault and you are not alone!
Seek help early. You can feel better with help and support.

Talking About My Feelings

You want to talk about your feelings. But it's hard to say what you feel. This list of feeling words may help you describe your feelings.

PHYSICAL FEELINGS		EMOTIONAL FEELINGS			
• Alive	• Run-down	• Afraid	• Disappointed	• Irked	• Touched
• Cold	• Rushed	• Aggravated	• Discouraged	• Irritated	• Tranquil
• Comfortable	• Shaky	• Agitated	• Disgruntled	• Jealous	• Troubled
• Edgy	• Sleepy	• Alarmed	• Disgusted	• Joyful	• Undone
• Excited	• Steady	• Amused	• Dismayed	• Lonely	• Uneasy
• Exhausted	• Stiff	• Angry	• Displeased	• Mad	• Unhappy
• Hot	• Strong	• Annoyed	• Distressed	• Melancholic	• Upset
• Hungry	• Tense	• Anxious	• Distraught	• Messed up	• Vexed
• Hurt	• Tired	• Apprehensive	• Disturbed	• Miserable	
• Ill	• Uncomfortable	• Aroused	• Down	• Overjoyed	
• Jittery	• Unsteady	• Astonished	• Elated	• Pleased	
• Lifeless	• Weak	• Bad	• Embarrassed	• Relieved	
• Loose	• Weary	• Bitter	• Exhilarated	• Resentful	
• Mellow	• Well	• Blah	• Frightened	• Sad	
• Nervous	• Whipped	• Calm	• Frustrated	• Scared	
• Relaxed	• Worn-out	• Comfortable	• Furious	• Shocked	
• Restless		• Concerned	• Glad	• Sorrowful	
		• Confused	• Grateful	• Spell-bound	
		• Content	• Grieved	• Splendid	
		• Cross	• Happy	• Surprised	
		• Dejected	• Horrified	• Taken aback	
		• Delighted	• Hurt	• Tense	
		• Depressed	• Infuriated	• Terrified	

Talking About My Feelings

MIND EMOTIONS		HEART EMOTIONS		
• Absorbed	• Interested	• Alive	• Guilty	• Secure
• Alert	• Intrigued	• Apathetic	• Helpless	• Strong
• Amazed	• Involved	• Awakened	• Hopeful	• Sure
• Ambivalent	• Optimistic	• Bad	• Hopeless	• Thankful
• Appreciative	• Perplexed	• Blue	• Indifferent	• Touched
• Complacent	• Puzzled	• Bored	• Insecure	• Trustful
• Composed	• Reluctant	• Committed	• Inspired	• Unsure
• Concerned	• Skeptical	• Complacent	• Joyful	
• Confused	• Stimulated	• Confident	• Joyous	
• Curious	• Suspicious	• Courageous	• Jubilant	
• Engrossed	• Unconcerned	• Dead	• Lonely	
• Fascinated	• Uninterested	• Defeated	• Lost	
• Hesitant	• Unnerved	• Despair	• Loving	
• Inquisitive		• Detached	• Moved	
		• Discouraged	• Optimistic	
		• Disheartened	• Overwhelmed	
		• Dissatisfied	• Peaceful	
		• Downhearted	• Penitent	
		• Empty	• Pessimistic	
		• Enlightened	• Powerful	
		• Fearful	• Powerless	
		• Free	• Proud	
		• Fulfilled	• Renewed	
		• Full	• Repentant	
		• Good	• Satisfied	

MORE THAN THE BLUES



I THINK I NEED HELP.



**IF YOU OR A LOVED ONE IS
EXPERIENCING ANY OF THESE
FEELINGS OF POSTPARTUM
DEPRESSION, TELL YOUR HEALTH
CARE PROVIDER.**