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Wolters Kluwer

Society guideline links: Postpartum care

Introduction

This topic includes links to society and government-sponsored guidelines from selected countries and regions around the world. We will update these links periodically; newer versions of some guidelines may be available on each society's website. Some societies may require users to log in to access their guidelines.

The recommendations in the following guidelines may vary from those that appear in UpToDate topic reviews. Readers who are looking for UpToDate topic reviews should use the UpToDate search box to find the relevant content.

Links to related guidelines are provided separately. (See "[Society guideline links: Postpartum infection](#)" and "[Society guideline links: Obstetric hemorrhage](#)".)

International

- [World Health Organization \(WHO\): Recommendations on maternal and newborn care for a positive postnatal experience \(2022\)](#)
 - [WHO: Recommendations on maternal health \(2017\)](#)
 - [WHO: Guideline for iron supplementation in postpartum women \(2016\)](#)
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Canada

- [Society of Obstetricians and Gynaecologists of Canada \(SOGC\): Guideline on labour, delivery, and postpartum care for people with physical disabilities \(2021\)](#)
- [SOGC: Guideline on pregnancy and maternal obesity part 2: Team planning for delivery and postpartum care \(2019\)](#)

United States

- American College of Obstetricians and Gynecologists (ACOG): Clinical practice guideline for treatment and management of mental health conditions during pregnancy and postpartum (2023)
- ACOG: Clinical practice guideline on screening and diagnosis of mental health conditions during pregnancy and postpartum (2023)
- ACOG: Committee opinion on physical activity and exercise during pregnancy and the postpartum period (2020, reaffirmed 2023)
- ACOG: Clinical practice guideline on headaches in pregnancy and postpartum (2022)
- ACOG: Clinical consensus for the pharmacologic stepwise multimodal approach for postpartum pain management (2021)
- ACOG: Committee opinion on access to postpartum sterilization (2021)
- ACOG: Committee opinion on optimizing postpartum care (2018, reaffirmed 2021)
- ACOG: Committee opinion on reproductive health care for incarcerated pregnant, postpartum, and nonpregnant individuals (2021)
- ACOG and Society for Maternal-Fetal Medicine (SMFM): Obstetric care consensus on interpregnancy care (2019, reaffirmed 2021)
- ACOG: Committee opinion on immediate postpartum long-acting reversible contraception (2016, reaffirmed 2020)
- ACOG: Committee opinion on obstetric management of patients with spinal cord injuries (2020)
- US Preventive Services Task Force (USPSTF): Final recommendation statement on depression in adults: Screening (2016, updated 2020)
- SMFM: Immediate postpartum long-acting reversible contraception for women at high risk for medical complications (2019)
- USPSTF: Final recommendation statement on perinatal depression – Preventive interventions (2019)

- [ACOG: Committee opinion on employment considerations during pregnancy and the postpartum period \(2018\)](#)
 - [Society of Family Planning \(SFP\): Guidelines on the postplacental insertion of intrauterine devices \(2018\)](#)
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United Kingdom

- [National Institute for Health and Care Excellence \(NICE\): Quality standard on postnatal care \(2013, updated 2022\)](#)
 - [NICE: Guideline on postnatal care \(2021\)](#)
 - [NICE: Clinical guideline on antenatal and postnatal mental health – Clinical management and service guidance \(2014, updated 2020\)](#)
 - [NICE: Quality standard on antenatal and postnatal mental health \(2016\)](#)
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Australia–New Zealand

- [Royal Australian and New Zealand College of Obstetricians and Gynaecologists \(RANZCOG\): Best practice statement on mental health care in the perinatal period \(2021\)](#)
- [Centre of Perinatal Excellence \(COPE\): Australian Clinical Practice Guideline – Mental health care in the perinatal period \(2017\)](#)

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Topic 123007 Version 10.0

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