

My Postpartum Care Checklist

The postpartum period—the 12 weeks following the birth of a child—is an important time for your health. As you recover from childbirth and learn to care for your baby, your postpartum check-ups will help make sure you are

- healing physically, mentally, and emotionally
- feeling good about your health and your baby's care
- feeling that you can ask for help if you need it

Use this checklist to keep track of the things you want to talk about with your obstetrician–gynecologist (ob-gyn).

My self-care

- I am not getting enough sleep and rest
- I have enough support at home but would like more help
- I do not have enough support at home

My health and lifestyle

- I would like to learn more about healthy eating and exercise
- I have questions about managing my health conditions (such as high blood pressure, diabetes)
- I want to stop smoking and need help
- I would like to drink less alcohol and need help
- I need help with my drug use
- I am concerned about keeping myself and my family safe

My bleeding

- I am concerned about the amount, color, or odor of my bleeding

My incision/tear

- My incision/tear has been healing well, but I have questions
- I am concerned that my incision/tear is not healing well

My bladder

- I have pain or other problems when emptying my bladder
- I leak urine with activity or after feeling an urge to urinate

My bowel movements

- I have problems moving my bowels (pain, constipation)
- I have trouble holding my gas or stool

My feelings

In the past 7 days, I have

- felt anxious or worried for no clear reason
- been sad, scared, or panicky
- been so unhappy that I can't sleep
- been crying a lot
- had thoughts of harming myself or my baby

My family planning

- I want to talk about timing for future pregnancies
- I want to talk about birth control

My sex life

- I am interested in having sex but have questions
- I am not interested in having sex and would like to talk about it

My breastfeeding and baby care

- Breastfeeding is going well, but I have questions
- I am having a hard time breastfeeding (nipple pain, problems with latching)
- I have concerns about going back to work/school and maintaining my milk supply
- I have questions about caring for my baby

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