

Postpartum *Care Plan* for:

Delivery Date/Type:

The postpartum period is just as important as the prenatal period. Making a plan to heal, recover and adjust to your postpartum body is important to making sure that you stay healthy. Use this postpartum care plan to begin discussing important postpartum care with your health care team. This document is to be completed with your provider, and should be updated regularly.



Updated on (today's date):

My Care Team

These services are here for you to use as ongoing support

	Provider Name	Phone Number / Contact
My Doctor/Midwife/Provider	<div></div>	<div></div>
My Primary Care Provider	<div></div>	<div></div>
My Baby's Doctor/Provider	<div></div>	<div></div>
My Doula/Care Coordinator	<div></div>	<div></div>
My Lactation Team	<div></div>	<div></div>
My Mental Health Specialist	<div></div>	<div></div>
Social Worker/Case Manager	<div></div>	<div></div>

Calling for Help

In the event of a Medical Emergency: I will contact my health care team (Emergency contact list).

This is my provider emergency contact: (Name/Facility)

I will contact this person to help take care of my newborn if I need to go to the hospital:
(Name/Phone/Email/Relationship to Patient)

It is important to recognize the urgent maternal health warning signs.

Review the maternal health warning signs and symptoms, what they are and who to call, when at

NewMomHealth.com/Hear-Her.



Use phone camera to scan this code to view maternal health warning signs.

Appointments

My next appointment to review and update this document will be:

Other appointments with care team members may include:

	Date	Time	Appointment Type
My Doctor/Midwife/Provider			
My Baby's Doctor/Provider			
Lactation			
Nurse			
Doula/Home Visitor			
Social Worker			

Virtual / Telehealth Care Is there an option to have virtual support? (Circle one) **Y / N**
For details to prepare for a virtual visit, go to newmomhealth.com/telehealth

Knowing who to contact when is important. See NewMomHealth.com/MyCareTeam for an overview of providers that you may be in contact throughout pregnancy and postpartum.

Questions or concerns about my visits, providers, or appointment times:

Medications

I will be taking these medications after I give birth as recommended by my health care team.

	Notes (including information about how much to take, when, and for how long)
Motrin/Ibuprophen/Tylenol for pain	
Prenatal/Multivitamin for general health	
Stool softeners for bowel (poop) movement	
Iron supplement for anemia (low blood levels)	
Depression/Anxiety medication for mood	
Antibiotics for infection	
Lovenox for blood clots	
Metformin for diabetes (high sugar)	
Insulin for diabetes (high sugar)	
Thyroid medication for thyroid problems	
Blood pressure medication (procardia, labetalol) for high blood pressure	
Other: Fill in	

Support for Me

See [postpartum planning document](#) for guide to think and fill-in what support you may consider after childbirth.

What support do I need during the first few weeks home after having a baby?

List resources in boxes below and ask for more information as needed.

Food		Housing	
Housework		Internet	
Childcare		Medicaid	
Baby care		WIC	
Transportation		Breast Pumps	
Talk Therapy		Diapers/Formula	
Electricity		Other	

New Parent Village

Having a village to support you during the postpartum period is important. Who are a few close people that could do things to help during this time?

Sharing My Story

Opening up about your experience and talking about birth stories can help. Is there anything you'd like your health care team to be know?

More Information

I would like to have more information on:

- | | |
|--|---|
| <input type="radio"/> Vaginal recovery | <input type="radio"/> Mental Health/Wellness |
| <input type="radio"/> Cesarean recovery | <input type="radio"/> Breast |
| <input type="radio"/> Postpartum Mental Health | <input type="radio"/> Relationship Change |
| <input type="radio"/> Pelvic Physical Therapy | <input type="radio"/> Contraception Choice |
| <input type="radio"/> Smoking Cessation | <input type="radio"/> Gestational Diabetes |
| <input type="radio"/> Substance Use | <input type="radio"/> Hypertension/Chronic Conditions |
| <input type="radio"/> Parenting Skills | <input type="radio"/> Nutrition and Foods |
| <input type="radio"/> Safe Sleep | <input type="radio"/> Other: _____ |

What are your priorities to talk about with your care team?



For more information, go to
NewMomHealth.com
and **SaludMadre.com**

Developed by the 4th Trimester Project at UNC-Chapel Hill. This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$10,216,885 with 0% percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

Support & Care *for You*







For New Mothers *and* Those Who Love Them



NewMomHealth.com

offers expert-written postpartum self-care information. It's a hub designed by moms, for new moms.

NewMomHealth.com is free, evidence-based health information and support for the transition to motherhood covers postpartum plan topics, including:

-  **When to call for help**
-  **Physical recovery**
-  **Baby care**
-  **Connecting with other parents**
-  **Returning to work and/or school**
-  **Partner support and relationships**

This postpartum self-care resource is available in Spanish (SaludMadre.com). Find information and support for you and your family. Welcoming a baby can be a shift for entire family, and many partners can feel postpartum. You are not alone.

You **Matter.**

Talk with your health provider and learn about the maternal health warning signs at NewMomHealth.com/Hear-Her.



Support for your **mental health** is very important.

If you are feeling these more than half the days or nearly every day, be sure to tell someone you trust.

In the last two weeks, how often have you felt:

Little interest or pleasure in doing things

- ☐ Not at all / ☐ Several days /
- ☐ More than half the days / ☐ Nearly every day

Feeling down, depressed, or helpless

- ☐ Not at all / ☐ Several days /
- ☐ More than half the days / ☐ Nearly every day

Feeling nervous, anxious, or on edge

- ☐ Not at all / ☐ Several days /
- ☐ More than half the days / ☐ Nearly every day

Not being able to stop or control worrying

- ☐ Not at all / ☐ Several days /
- ☐ More than half the days / ☐ Nearly every day

Postpartum Support International

offers free mental health information and support. Text 800-944-4773 (English) or 971-203-7773 (Spanish).



For more information, go to
NewMomHealth.com
and **SaludMadre.com**

NewMomHealth.com/MyPostpartumPlan

Developed by the 4th Trimester Project at UNC-Chapel Hill. This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$10,216,885 with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.