



# Postpartum Action Plan

Name: \_\_\_\_\_

### Pediatric Provider's

### Clinical Case Manager's

### Counselor/Social Worker's

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## Things to do to after baby arrives:

- Schedule follow-up appointment with OB provider; your appointment is scheduled for: \_\_\_\_\_
- Schedule well baby visits with pediatric provider; your baby's next appointment is scheduled for: \_\_\_\_\_
- Make sure your baby is added to WIC; your next WIC appointment is: \_\_\_\_\_
- Continue or start the birth control method you discussed with your OB provider.
- Know the reportable symptoms (see below) and call your OB provider as needed.



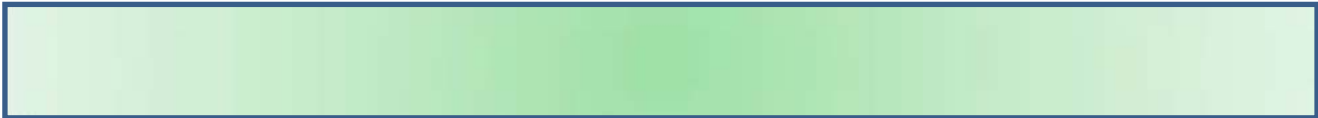
## \*\*\*Reasons to call Your OB Provider Postpartum\*\*\*

You have increasing vaginal bleeding, or is still bright red 4 days

- after delivery, or you pass blood clots larger than a golf ball.
- You are dizzy or lightheaded.
- You have vomiting or can't keep fluids down.
- You have a fever, with or without chills.
- You have new or worsening belly pain.
- Your breasts or breast are hard, tender, or have red areas.
- Symptoms of a Urinary Tract Infection (UTI): burning with urination, difficulty emptying your bladder, sudden increased need to urinate
- You have severe pain, tenderness, or swelling in your vagina, the area between your vagina and rectum, or your C-section incision.
- You have strong feelings of sadness or anxiety, lasting longer than 2 weeks after delivery.

**\*\*SEEK MEDICAL HELP IMMEDIATELY\*\***

- \*Severe vaginal bleeding where you are passing clots and soaking through more than a pad an hour for 2 or more hours
- \*Feeling as though you may faint or do faint
- \*Severe pains in your chest, belly, back, or legs
- \*Feeling as though you may harm yourself, your baby, or others



## Focus on Health

- Eat a mix of healthy foods throughout the day, including fruits, vegetables, 3 servings of low fat dairy products, 2 servings of a lean protein (like chicken or fish), and at least one food that is a good source of iron (such as dried fruits, dried beans or an egg yolk).
- Continue to take your prenatal vitamin daily if breastfeeding. Also, if breastfeeding eat protein-rich foods, such as lean meat, eggs, dairy, beans, lentils and seafood low in mercury. Eat a mix of whole grains as well as fruit and vegetables.
- Drink 8 glasses of unsweetened beverages a day, mostly water.
- Try to sleep when your baby sleeps; infants often have an extended sleep period (4-6 hours) during each 24-hour period and it isn't always at nighttime. This allows you to still get rest.
- Do not insert anything into your vagina or engage in intercourse for at least 6 weeks after delivery, as directed by your provider.
- Follow exercise directions you were given at discharge, gradually increasing to gentle activity as recommended by your OB provider.

## My Action Plan

**GOAL:** Something I WANT to do (Example: cut back on how many cigarettes I smoke a day, walk 30 minutes a day, take a prenatal vitamin daily, attend all doctor's appointments, etc.)

**ACTION:** A specific activity that you are going to do in the next 1-2 weeks. (Example: I will smoke 1-2 fewer cigarettes a day for the next 2 weeks.)

What will you do to (the behavior):
How much will you do (time, distance, or amount of activity):
When will you do it (time of day):
How often will you do it (number of days per week):
How important is it to you that you complete the action plan you made above? (please circle your response)
Not at all important      1   2   3   4   5   6   7   8   9   10      Totally important
How confident are you that you will successfully complete the action plan you made above? (please circle your response)
Not at all important      1   2   3   4   5   6   7   8   9   10      Totally important
Things that might make it hard:
Ways I might overcome these problems:

Follow-up (phone, email, or meeting and date/time):