EDUCATIONAL TOOL #2

DISCHARGE PLANNING FOR WOMEN WITH COMPLICATIONS DURING THE BIRTH HOSPITAL STAY

Call your doctor or midwife if you have:

• Bleeding soaking a pad an hour
• Large blood clots
• Feeling dizzy when you stand up
• A headache that does not go away with Tylenol
• Visual changes (blurry vision or seeing spots)
• Abdominal pain - If you had surgery, this means more pain than you have been having from surgery
• Feeling detached, numb, afraid, depressed, anxious, or very stressed

Routine follow-up care:

1. Early postpartum check-up scheduled with:

___________________________________ on ______________________________

• Women who have had a significant complication such as hemorrhage, preeclampsia, ICU admission, or unplanned or extensive surgery may need early post-partum follow-up to assess their physical and emotional recovery.
• This visit should be scheduled within 3-7 days (or even sooner) for women who are on anti-hypertensive medication at hospital discharge.

2. Breastfeeding support scheduled with:  or □ Not applicable

___________________________________ on ______________________________

3. 6 week postpartum check-up scheduled with:

___________________________________ on ______________________________

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**Specialty follow-up care:**

Is follow-up with a specialist needed?  ☐ Yes  ☐ No

If yes, follow-up with:

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<thead>
<tr>
<th>Name</th>
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<tr>
<td>☐ Lactation</td>
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<td>☐ Your Cardiologist (Heart)</td>
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<td>☐ Your Endocrinologist</td>
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<td>☐ Your Nephrologist (Kidney)</td>
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<td>☐ Your Rheumatologist</td>
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