

## 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:

	<b>Name</b>	<b>Phone Number</b>	<b>When?</b>
<input type="checkbox"/> Lactation			
<input type="checkbox"/> Your Cardiologist (Heart)			
<input type="checkbox"/> Your Endocrinologist			
<input type="checkbox"/> Your Nephrologist (Kidney)			
<input type="checkbox"/> Your Rheumatologist			
<input type="checkbox"/> Your Pulmonologist (Lungs)			
<input type="checkbox"/> Your Urogynecologist			
<input type="checkbox"/> Counseling			
<input type="checkbox"/> Support group			
<input type="checkbox"/> Psychiatry/Psychology			
<input type="checkbox"/> Other:			