

HELP

Who can I contact for additional assistance?

There are several helpline numbers and organizations that provide special help. Here are a few to contact.



Use this space to prepare for your doctor visit. Here are some ideas that may help.

- ☐ I would like to know how I can lose weight in a healthy way
- ☐ I want to talk about how sometimes I feel sad
- ☐ I would like to know when I can have sex again
- ☐ I would like to know what I should or should not do when it comes to breastfeeding
- ☐ I would like to understand if what is happening to me is normal or not normal

Make sure to bring this on the day of your appointment!

Postpartum Appointment - _____ (Month/Day) _____ (Time)

Understand how you can **look good**, **feel good** and spread the goodness.



march of dimes
A FIGHTING CHANCE FOR EVERY BABY™

Learn how keeping your postpartum appointment can make a difference

How would keeping my postpartum appointment help me?

Taking care of yourself is important. The postpartum appointment is a great way to learn how to get back to your normal self. This simple guide will give you the knowledge and ability to make a difference in your health.

EDUCATE

What is postpartum?

The postpartum period is normally the six weeks after your child is born. This is a very important time for both you and your baby as both of you get to know each other. Some moms think that postpartum has to do with depression but that is not always true. Most believe the postpartum appointment is only if you have specific health issues but it is also an opportunity to receive a medical exam.



INFORM

Why is the postpartum appointment important?

Whether this is your first baby or already have other children, please know that every birth is different. Only you can make a difference in your health when you keep your postpartum appointment and talk to your doctor about any health problem – mental, physical or emotional.



SCHEDULE

How much time do I have to schedule my appointment?

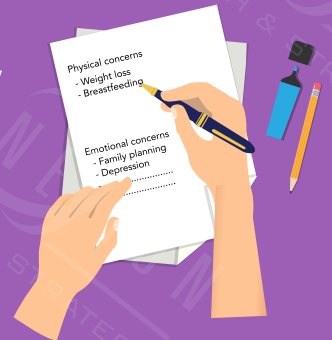
Most moms get two postpartum visits. But, these appointments must be done within 4 to 6 weeks, about 21 to 56 days, after your child is born. Please contact your insurance company immediately to understand what they will pay, by when you must make your appointment, and avoid paying anything extra. Here's an idea! You can plan your visit at the same time as your baby's appointment.



PREPARE

What should I know about the appointment?

This is a time for you. Prepare to talk about your personal physical and emotional issues, from losing weight to breastfeeding, family planning and sex, and even depression. Take the time to write down every issue you wish to talk about with your doctor. This will help you be more prepared and comfortable during your doctor visit. On the back, we have provided some ideas and extra spaces where you can write in any health issue that is important to you.



ACT

What if I am having issues now, before my appointment?

Moms have different or similar physical and emotional issues that can be normal. But, if you are not sure if what is happening to you is normal or not normal, call your doctor's office immediately. Some examples of things to watch out for are non-stop bleeding, chest pain, difficult time breathing, high fever, bad headaches, and any thoughts of hurting yourself and your baby.

