

# PREGNANCY

## Checklist

### **Understanding Your Risk**

- Review personal risk factors (blood pressure, diabetes, history)
- Ask what makes your pregnancy low or high risk
- Request additional monitoring if needed

### **What warning signs should I monitor at home?**

- Severe headaches, vision changes, swelling
- Chest pain, shortness of breath, dizziness
- Decreased fetal movement

### **When should I call your office vs. go to the ER?**

- Get clear instructions for urgent vs. non-urgent symptoms
- Save emergency contacts
- Do not delay care if something feels wrong



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### **What are my options if complications arise during labor?**

- Understand interventions (induction, C-section, medications)
- Ask about risks and alternatives
- Clarify how decisions will be communicated

### **Can I bring a doula or advocate to appointments and delivery?**

- Confirm hospital policies
- Identify your support team
- Share your birth preferences in advance

### **How will my concerns be documented in my medical record?**

- Ask providers to record symptoms and concerns
- Request documentation if care is refused
- Review notes when possible



# PREGNANCY

## Questionnaire

### **What should I expect during postpartum recovery?**

- Understand healing timelines and normal symptoms
- Plan follow-up visits
- Ask what recovery should feel like

### **What complications should I watch for after birth?**

- Heavy bleeding, fever, severe pain
- Signs of infection or high blood pressure
- Seek care immediately if symptoms worsen



# PREGNANCY

## Checklist

### **What signs of postpartum depression or anxiety should I watch for?**

- Persistent sadness, irritability, disconnection
- Trouble sleeping or feeling overwhelmed
- Loss of interest or emotional numbness

### **Who should I contact if I start feeling overwhelmed?**

- Identify a provider, therapist, or hotline
- Keep support contacts accessible
- Reach out early

### **What symptoms require urgent mental health attention?**

- Thoughts of harming yourself or your baby
- Severe anxiety, panic, or mood changes
- Seek immediate help if these occur

