

Pregnancy Passport

Postpartum Health Record



Postpartum Health Record

Recommended check-up & test	Discharge	6 Weeks	3 Months	6 Months	12 Months
Date of visit	Discharge	U WEEKS	5 Monins	0 Monnis	
Blood pressure [†] (mmHg)	/ Abnormal	/ / Abnormal	/ Abnormal	/ Abnormal	/ Abnormal
Weight (Kg)	Abnormal	Abnormal	Abnormal	Abnormal	Abnormal
Body mass index (Kg/m²)	Abnormal	Abnormal	Abnormal	Abnormal	Abnormal
Waist circumference (cm)	Abnormal	Abnormal	Abnormal	Abnormal	Abnormal
Urine protein test			Abnormal	Abnormal	Abnormal
Haemoglobin (g∕dL)		Abnormal	Abnormal	Abnormal	Abnormal
eGFR* (mL/min/1.73 m2)		Abnormal	Abnormal	Abnormal	Abnormal
OGTT** (mmol/L)		Abnormal		Abnormal	
HbA1c**† (%)		Abnormal Abnormal		onormal	
Lipid profile		Abnormal			

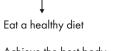
If needed and/or where resources are available; †Yearly assessment after 12 months postpartum is recommended. For women who experienced: *Renal impairment during pregnancy, ** Gestational diabetes.

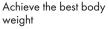
High blood pressure





Aim to have blood \odot pressure at 130/90 mmHg or lower





Stay active by exercising





Abnormal test result

Discuss with your doctors

Repeat testing after 6

months

Visit for reference

Name	Your baby's information Gestational age at delivery		
Date of birth			
	weeks days		
Date of delivery	Birthweight		
	grams		
	Length		
Pregnancy and the postpartum period are the best timepoints to be screened for heart disease and diabetes	cm		
timepoints to be screened for heart disease and diabetes risk factors.	Head circumference		
	cm		
Pregnancy can be nature's stress test on your health, including on your heart.	Gender 🗆 Female 🛛 Male		

Your background information

Your ethnicity	□ White	🗆 Black	Asian	Indigenous	□ Other	
Do you smoke?					□ Yes	🗆 No
Did you have high blood pressure before pregnancy?				□ Yes	🗆 No	
Did you have diabetes before pregnancy?			□ Yes	🗆 No		
Has your mother or sister(s) had high blood pressure or preeclampsia during pregnancy?			□ Yes	🗆 No		
Does your mother, father or any sibling have high blood pressure?			□ Yes	🗆 No		
Does your mother, father or any sibling have diabetes?			□ Yes	🗆 No		
Has your mother, father or any sibling ever had a heart attack or stroke?			□ Yes	🗆 No		
Have you had a heart attack or stroke?			□ Yes	🗆 No		

Your baby's check-ups and immunisations are a great time to fill out this record with your healthcare provider. Keep this form with your baby's immunisation record for an easy reminder.

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Pregnancy Passport

you are at rise

If you have ticked any

background and/or risk

indicators

Did you know?

and gestational diabetes in

have your current and future

heart health and blood sugars

monitored to reduce such risk.

A history of high blood pressure

pregnancy does not mean you

will definitely develop heart and

diabetes problems, but you should

YES boxes in your

Postpartum Health Record



Pregnancy Passport

Postpartum Health Record

Risk indicators

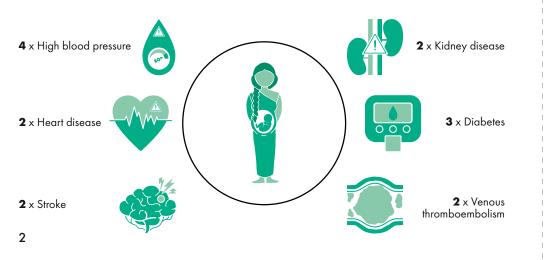
Have you had any pregnancy-related risk factors for diabetes and heart disease?

Preeclampsia	□ Yes	🗆 No
Gestational hypertension	□ Yes	🗆 No
Gestational diabetes	□ Yes	🗆 No
Placental abruption	□ Yes	🗆 No
Preterm birth (<37 weeks)	□ Yes	🗆 No
Fetal growth restriction	□ Yes	🗆 No
Stillbirth/intrauterine death	□ Yes	🗆 No

If you are unsure whether you experienced any of

the above complications, please ask your healthcare provider

Women with high blood pressure during pregnancy are at higher risk of future health events



What you can do to reduce such risk

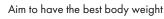


Stay active by exercising at least 150 minutes per week



Breastfeed as long as possible







Get at least 6 hours of sleep regularly



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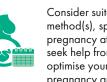
Eat a diverse diet rich in colourful fruits and vegetables, including nuts and seeds; and reduce salt, fats and sugar intake



See your primary care provider for routine appointments



Live smoke-free



Consider suitable contraception method(s), space your next pregnancy at least 12 months apart, seek help from your provider to optimise your health before the next pregnancy and seek early attention when you become pregnant

You are advised to take health check-ups and tests

- Tracking your blood pressure is important to manage your heart health risk after pregnancy
- Body weight, body mass index, and waist circumference show overall picture of your health
- Urinalysis for proteinuria is a test of your urine used to detect and manage kidney disease and diabetes.
- A low haemoglobin indicates that you have anaemia and need treatment
- Estimated glomerular filtration rate (eGFR) measures your level of kidney function
- 75g oral glucose tolerance test (OGTT) is used to screen for type 2 diabetes
- HbA1c reflects your average blood sugar levels over the past 3 months





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