Heart Reserve

PREGNANCY HISTORY IS HEART HISTORY

Your baby has a care plan. You need one, too.

Your follow-up starts from birth—not NICU discharge.

Within 72 hours

BP assessment for severe hypertension.

Within 7–10 days

BP evaluation after a hypertensive pregnancy.

Within 3 weeks

Contact with your obstetric care provider.

By 12 weeks

A comprehensive postpartum visit.

Your team may arrange earlier or more frequent care. These dates do not mean you should wait if you feel unwell.

Before you leave, confirm:

My clinician / phone _____

My appointment _____

My BP review / call plan _____

Pumping? Bring this question.

“Are my medicines right for me while pumping, especially if my baby was premature?” Ask for lactation support and a medication review. Do not stop prescribed medicines on your own.

GET URGENT HELP

Call 911 for chest pain, trouble breathing, fainting or stroke symptoms. Seek urgent care for a severe headache or vision changes. Tell the team you were pregnant within the past year.

Sources: ACOG postpartum care; CDC Hear Her; LactMed. October 2026.