

Postpartum Questions to Discuss With Your Doctor

A calm place to keep symptoms, questions, answers, urgent guidance, and the follow-up plan.

This worksheet supports—not replaces—postpartum medical care. Call emergency services now for a medical emergency or thoughts of harming yourself or the baby. In the U.S., call or text 988 for immediate crisis support.

Before the visit

Delivery date	Appointment date	Who is coming with me
—	—	—

My top three concerns

Changes since birth

- ☐ Pain or healing
- ☐ Bleeding or discharge
- ☐ Headache, vision, swelling, breathing, or chest symptoms
- ☐ Bladder, bowel, or pelvic symptoms
- ☐ Sleep and fatigue
- ☐ Mood, anxiety, anger, frightening thoughts, or bonding
- ☐ Feeding or breast / chest concerns
- ☐ Medicines, supplements, contraception, or intimacy

Questions for My Postpartum Visit

Circle or add the questions that matter to you.

- ☐ Is my healing and bleeding pattern expected?
- ☐ What symptoms mean I should call urgently?
- ☐ Could pelvic-floor therapy help?
- ☐ What support is available for feeding concerns?
- ☐ How should we evaluate my mood, anxiety, sleep, or intrusive thoughts?
- ☐ When is movement or exercise appropriate for me?
- ☐ Could a medicine or supplement affect recovery or feeding?
- ☐ What should I know about contraception and future pregnancy spacing?
- ☐ When should I be seen again?
- ☐ Which specialist or support service may help?

My own questions

What We Decided

Leave with a plan you understand.

Explanations / possible causes discussed

Tests, treatment, or referrals

Urgent warning signs for me

Follow-up date and who to contact
