

## PREGNANCY CARE PARTNERS:

*A mom-to-be and infant have the best chance for a healthy pregnancy and delivery when supported by an informed and engaged Care Partner.*

*As a potential Care Partner, look over all the “To-Do’s” for supporting someone you care about through pregnancy, delivery, and recovery. Use these tips together!*

## RISKS TO PREGNANCY:

- Heart disease.
- High blood pressure.
- Diabetes.
- Kidney disease.
- Use of recreational drugs.
- Smoking.
- Drinking alcoholic beverages.
- Underweight or overweight.
- Age 40+.

REMEMBER,  
IT'S OKAY TO  
SPEAK UP!

## HOW TO HELP

### DURING PREGNANCY:

- Read reliable sources about pregnancy** and what is happening in each trimester.
- Discuss getting care** with a midwife or doula (with/without doctor).
- Go to all appointments**, or as many as you can. Together, make up a list of questions to ask the doctor/midwife and take notes. (Create a notebook just for the pregnancy so all info will be in one place.)
- Ask the doctor/midwife about:**
  - Vitamins and nutrition, especially folic acid (for the baby’s brain development).
  - Urgent warning signs to watch for during pregnancy.
  - Pre-eclampsia and eclampsia: What are they? Warning signs?
  - The birth plan, along with any concerns and preparations for labor and delivery.
  - C-section rate.
  - Lamaze classes.
  - All anticipated costs, your insurance coverage and out-of-pocket expenses.
  - Monitoring blood pressure or oxygen saturation at home with a pulse oximeter or blood pressure cuff. (Available online or most major stores.)
- Tour the hospital where the baby will be delivered** and ask for its C-section and infection rates. Look up its safety rating at [Medicare.gov/care-compare](https://www.medicare.gov/care-compare) and [HospitalSafetyScore.org](https://www.hospital-safety-score.org).



## HELP YOUR LOVED ONE CONTACT A DOCTOR, GO TO AN EMERGENCY ROOM OR URGENT CARE CENTER FOR:

- Vaginal bleeding.
- Clear fluid leaking from vagina.
- Fast heartbeat.
- Redness or pain in leg that feels like a charley-horse that won’t go away.
- Trouble breathing, shortness of breath.
- High blood pressure.
- Chest pain.
- Severe nausea or vomiting.
- Headache that won’t go away, and is worsening.
- Cramping.
- Changes in vision.
- Inability to pee or fully relieve bladder.
- Puffiness or fluid build-up.