

A hypertensive disorder of pregnancy, including preeclampsia, eclampsia, or HELLP syndrome, can be a life-changing experience that goes beyond pregnancy.



Your pregnancy journey and birth experience may have been difficult to process because of medical complications from preeclampsia. What was supposed to be beautiful experience filled with joy was instead full of medical interventions, discomfort, and fear. This may have included more time in the hospital for you or your baby. You may have experienced complications from a premature delivery, such as a stillbirth or loss.

You are not alone. You deserve physical and emotional support around you to process your experience and to understand what happens next. This sheet was developed to help you organize your care beyond pregnancy.

My Information:

My Baby/Babies Information:

3	Information:	
My Date of Birth:	Name(s): Date of Birth/Delivery: Gestational Age (weeks): Birthweight (lbs or grams): Sex: Male Female	
☐ Native/Indigenous ☐ Mixed ☐ Black/African ☐ Other:	Length (in or cm): Head Size (in or cm):	

Presented by



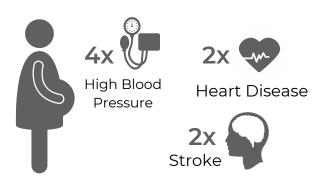
International Society for the Study of Hypertension in Pregnancy





Women who have preeclampsia are at 2x the risk of heart disease and stroke and 4x the risk of high blood pressure later in life.

A history of high blood pressure in pregnancy does not mean you will definitely develop cardiovascular problems, but that you should document your pregnancy experience and ask your current health care provider to monitor your current and future heart health.



My pregnancy was affected by: My baby/babies experienced: ☐ Preeclampsia (___ prenatal ___ postpartum) ☐ Premature delivery ☐ Gestational Hypertension ☐ Stillbirth ☐ HELLP syndrome ☐ Infant loss after delivery ☐ Small for gestational age (SGA) ☐ Eclampsia ☐ Interuterine growth restriction (IUGR) ☐ Gestational Diabetes ☐ Neonatal Intensive Care Unit (NICU) stay ☐ Placental Abruption □ Unsure ☐ Preterm Birth (<37 weeks) ☐ Twins, Triplets or other multiples

The Importance of Rest and Support



Recently delivered women, especially those who have experienced high blood pressure, may have a lot of physical and emotional recovery to do. Make sure you get enough sleep so your body can recover and rest, be in a place where you can feel safe and supported by those around you, and reach out for help for any food or housing concerns.

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Tracking your blood pressure and weight can help you and your care provider make a plan to manage your heart health risk after pregnancy.

Record your history and numbers on this sheet. Take it with you to discuss at your annual checkup.

Why Track My Body Mass Index?

Your body weight (and what is called your body mass index or BMI) are signs that help your provider get a full picture of your overall health. It does not have to be your first priority - it is just



one risk factor that can be changed.

The next page gives some other ways you can lower your risk. Scan the code to measure your current BMI.

Keep Track of Important Health Signs BODY WAIST BLOOD TIME SINCE MASS CIRCUM-PRESSURE WEIGHT **DELIVERY** INDEX FERENCE (mmHg) 6 WEEKS Date: 6 MONTHS Date: 12 MONTHS Date:

Pre-Pregnancy	At Delivery	12 Month Goal
Weight: BMI:	Weight:	Weight: BMI:







Your long-term health plan starts by understanding your risk factors, then modifying what you can.

So how can you lower your risk?

8 Ways to Lower Your Heart Risk³



Aim for blood pressure below 130/80



Get moving for 20+ minutes per day



See your primary care provider for regular checkups



Aim for a body mass index below 25



Eat healthy -Lower your salt, fat, and sugar intake



Live smoke-free including a smoke-free environment



Aim for 7 hours of sleep per night



Speak to your provider before your next pregnancy

Recently delivered women, especially those who have experienced hypertension, may have a lot of physical and emotional recovery to do. Try to take 1 or 2 of the above steps to begin your path to a healthier future.

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Your blood work can show how your heart, blood vessels and kidneys are functioning after your pregnancy. Use this tracker to record your baseline numbers and discuss with your provider.

Recommended 12-Month Postpartum Blood Work					
	Target Range	My numbers			
		Date:	Date:		
Cholesterol (overall)	125 to 200mg/dL (<5.2 mmol/L)				
HDL ("good" cholesterol)	50 mg/dL or higher (>1.3 mmol/L)				
LDL ("bad" cholesterol)	<100 mg/dL (<3.4 mmol/L)				
Triglycerides (a type of fat found in your blood that can increase risk of heart disease)	<150 mg/dL (<1.7 mmol/L)				
Hemoglobin Alc (your average level of blood sugar over the past 2 to 3 months)	4 - 5.6%				
Urine Microalbumin Creatinine Ratio (If there are kidney issues, as this measures kidney function)	<30 mg/dL (<3 mg/mmol)				

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