

POSTPARTUM SYMPTOM CHECKLIST

Date: _____

Days/Weeks Postpartum: _____

IMMEDIATE MEDICAL ATTENTION REQUIRED (CALL 911/EMERGENCY)

Heavy bleeding (soaking a pad/hour), chest pain, shortness of breath, thoughts of harming yourself or baby, seizure, or fever over 100.4F.

Physical Recovery

Increased vaginal bleeding

Abnormal discharge/odor

Incision pain/redness (C-section)

Severe pelvic pain/cramping

Painful or frequent urination

Leg swelling or redness (one side)

Severe or persistent headache

Vision changes/blurriness

Breast & Feeding

Breast engorgement

Cracked, bleeding, or sore nipples

Hard, red, or painful lumps

Flu-like symptoms (chills/aches)

Emotional Wellbeing

Frequent crying or "Baby Blues"

Excessive anxiety or panic

Difficulty bonding with baby

Feelings of hopelessness

Insomnia (when baby is sleeping)

Loss of interest in activities

Intrusive/scary thoughts

Extreme irritability or anger

Daily Functioning

Severe fatigue/exhaustion

Loss of appetite

Difficulty concentrating

Overwhelming brain fog

Additional observations, questions for provider, or symptom frequency notes:

This document is for tracking purposes only and does not substitute for professional medical advice.