



## THE CARE PARTNER PROJECT™

How to Get the Care You Want  
for the People You Love

### 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+*

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The Care Partner Project checklists are for your education only, not intended to substitute for medical advice, diagnosis or treatment.

# CHECKLIST

## PREGNANCY SAFETY & SUPPORT

- 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 doctor appointments/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, esp. folic acid (for brain development for the baby)
  - 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 (find: Amazon, Target, Walmart, etc.)

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 any of these problems:

- 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 (if you have a cuff at home)
- chest pain
- severe nausea or vomiting
- headache that won't go away, worsening
- cramping
- changes in vision
- inability to pee or fully relieve bladder
- puffiness, fluid build-up