Mo the Midwife®

PATIENT EDUCATION

HOW YOU CAN HELP REDUCE MATERNAL MORBIDITY & MORTALITY



Proactive steps for a safer, healthier pregnancy, delivery, and postpartum recovery.

BE PROACTIVE ACROSS THE ENTIRE JOURNEY

BEFORE PREGNANCY *(Plan & Prepare)*

DURING PREGNANCY *(Partner & Participate)*

AFTER BABY *(The 4th Trimester)* *(Recover & Stay Well)*

BEFORE PREGNANCY
Get in the Best Health Possible

- Manage chronic conditions (e.g., high blood pressure, diabetes, thyroid, heart, or kidney disease).
- Work toward a healthy weight and stay active.
- Eat a balanced, nutrient-rich diet and take a daily folic acid (400–800 mcg).
- Avoid tobacco, vaping, recreational drugs, and limit alcohol.
- Have a preconception visit to review your health, meds, and family history.

DURING PREGNANCY
Be an Active Participant in Your Care

- Start prenatal care early (ideally by 8–10 weeks) and keep all appointments.
- Follow your provider's recommendations (medications, monitoring, and specialist referrals).
- Stay active (as recommended), get enough rest, and manage stress.
- Choose healthy foods, stay hydrated, and take your prenatal vitamin.
- Speak up! Ask questions, share concerns, and report new or worsening symptoms right away.

AFTER BABY
Protect Your Health in the 4th Trimester (First 6 Weeks)

- Keep your postpartum visit (typically at 3 weeks and/or 6 weeks, or as advised).
- Check in on your mental health. Seek support for signs of anxiety, depression, or feeling overwhelmed.
- Monitor and manage your blood pressure, especially if you had preeclampsia or high blood pressure during pregnancy.
- Follow up on any ongoing medical conditions and specialist care.
- Build a support system and accept help so you can rest, recover, and heal.

BE ACCOUNTABLE FOR YOUR HEALTH

- Keep appointments and follow through on care.
- Take medications as prescribed.
- Monitor for and report warning signs.
- Communicate openly with your care team.
- Make healthy lifestyle choices and stick with them.

Your involvement matters. *A healthy mom is more likely to have a healthy pregnancy, a safer birth, and a healthier recovery.*

Remember: Every pregnancy is different. Work closely with your healthcare provider for personalized guidance based on your health and pregnancy history.