

# Interconception Appointment Guide

*\* For the appointment types specified below, if time is limited, the topic of most importance is listed first. \**

## POSTPARTUM APPOINTMENT (ADD A BABY)

Topics for Conversation...

- **\*Postpartum Depression**

- *Suggested counseling points*

- ✓ Hormonal changes after delivery and being overtired are possible causes of "baby blues." Symptoms can include crying easily, having trouble sleeping, feeling overwhelmed, irritable, exhausted, and anxious. Baby blues typically go away within two weeks after delivery.
    - ✓ Postpartum depression is a serious condition and can start 1-3 weeks after delivery but can also develop anytime during the first year. The feelings associated with postpartum depression last longer than 2 weeks.
    - ✓ If feeling this way, they are not alone.
    - ✓ Urge participant to discuss her symptoms with her physician.
    - ✓ Urge sharing of feelings with family and friends.
    - ✓ Stress importance of rest, support and appropriate exercise.
    - ✓ Refer to health care provider.
    - ✓ Refer to mental health counselor.
    - ✓ Refer to RD/RN for high-risk counseling.

- **Family Planning**

- *Suggested counseling points*

- ✓ If breastfeeding, educate participant that breastfeeding does not prevent you from getting pregnant, even if they have no period.
    - ✓ Encourage participant to talk with physician or family planning clinic about the best family planning method for her.

- **GDM after delivery (if participant had during recent pregnancy)**

- *Suggested counseling points*

- ✓ Encourage participant to f/u with her health care provider for a 6-12 week postpartum glucose tolerance test.
    - ✓ If breastfeeding, encourage continuation.

Pamphlets: *Postpartum Depression – What you need to know; Planning Healthy Reproductive Futures; After Delivery: Gestational Diabetes - What you need to know*

## POSTPARTUM APPOINTMENT (3 MONTH F/U APPT)

### Topics for Conversation...

- **\*Family Planning**

- *Suggested counseling points*

- ✓ Encourage participant to talk with physician or family planning clinic about the best, and most effective, family planning method for her.
    - ✓ In addition to planning for birth control, protection against AIDS and STDs is extremely important.
    - ✓ Spacing children at least 24 months apart allows the body to recover from pregnancy and provides more time to enjoy the new baby.

- **Postpartum Depression**

- *Suggested counseling points*

- ✓ Postpartum depression is a serious condition and can start 1-3 weeks after delivery but can develop anytime during the first year after delivery. The feelings associated with postpartum depression last longer than 2 weeks.
    - ✓ Acknowledge that the transition back to work can often be a difficult time for new mothers and to rely on support systems to help with this adjustment.
    - ✓ If feeling this way, they are not alone.
    - ✓ Urge participant to discuss her symptoms with her physician.
    - ✓ Urge sharing of feelings with family and friends.
    - ✓ Stress importance of rest, support and appropriate exercise.
    - ✓ Refer to health care provider.
    - ✓ Refer to mental health counselor.
    - ✓ Refer to RD/RN for high-risk counseling.

- **GDM after delivery (if participant had during recent pregnancy)**

- *Suggested counseling points*

- ✓ Ask the participant if they have completed the 6-12 week postpartum glucose tolerance test.
    - ✓ Discuss importance of healthy weight after pregnancy (see below).
    - ✓ If breastfeeding, encourage continuation.
    - ✓ Discuss the Diabetes Prevention Program (DPP), if available in your community.

- **Healthy Weight After Pregnancy**

- *Suggested counseling points*

- Eat a varied diet, based on the Nutrition Guide for Postpartum Women.
    - Realistic and healthy weight loss is 1-2 pounds per week.

- Eat breakfast and don't skip meals.
- Aim for 5-9 servings of fruits & vegetables per day.
- Drink water and low-fat milk. Limit fruit juice and sugar-sweetened drinks..
- Keep portions reasonable.
- Try to walk or exercise daily, when medically able (typically at 6 weeks postpartum).

Pamphlets: *Postpartum Depression – What you need to know; After Delivery: Gestational Diabetes - What you need to know; Planning Healthy Reproductive Futures; Healthy Weight After Pregnancy*

## POSTPARTUM APPOINTMENT (6 MONTH F/U APPT)

Topics for Conversation...

- **\*Healthy Weight After Pregnancy**
  - *Suggested counseling points*
    - Eat a varied diet, based on the Nutrition Guide for Postpartum Women.
    - Realistic and healthy weight loss is 1-2 pounds per week.
    - Eat breakfast and don't skip meals.
    - Aim for 5-9 servings of fruits & vegetables per day.
    - Drink water and low-fat milk. Limit fruit juice and sugar-sweetened drinks.
    - Keep portions reasonable.
    - Try to walk or exercise daily, when medically able (typically at 6 weeks postpartum).
  
- **Family Planning**
  - *Suggested counseling points*
    - ✓ Encourage participant to talk with physician or family planning clinic about the best, and most effective, family planning method for her.
    - ✓ In addition to planning for birth control, protection against AIDS and STDs is extremely important.
    - ✓ Spacing children at least 24 months apart allows the body to recover from pregnancy and provides more time to enjoy the new baby.
    - ✓ Begin taking prenatal vitamins when you know you are planning to conceive.

- **GDM after delivery (if participant had during recent pregnancy)**

- *Suggested counseling points*

- ✓ Encourage the participant to f/u with health care provider every couple of years to check on diabetes status since about 50% of women with GDM will develop Type 2 diabetes within 5-10 years.
    - ✓ Emphasize importance of returning to pre-pregnancy weight within six to 12 months after the baby is born. If overweight, work to lose at least 5 to 7 percent of body weight over time.
    - ✓ Reinforce importance of continued healthy eating and active living.
    - ✓ Encourage the participant to share her GDM status with her child's pediatrician, due to the higher risk of obesity in her child.
    - ✓ If breastfeeding, encourage continuation.
    - ✓ Discuss the Diabetes Prevention Program (DPP), if available in your community.

- **Postpartum Depression**

- *Suggested counseling points*

- ✓ Postpartum depression is a serious condition and can develop anytime during the first year after delivery. The feelings associated with postpartum depression last longer than 2 weeks.
    - ✓ If feeling this way, they are not alone.
    - ✓ Refer, as needed, to health care provider, mental health counselor and/or high-risk RD/RN.

*Pamphlets: [After Delivery: Gestational Diabetes - What you need to know](#); [Planning Healthy Reproductive Futures](#); [Healthy Weight After Pregnancy](#); [Postpartum Depression – What you need to know](#)*