

Your health story after the NICU

Your baby has a medical story. So do you.

For your own care during or after a NICU stay (special hospital care for newborn babies).
Fill in what you know; skip anything unsure. Bring this page, make a follow-up plan, and keep a copy.

My name: _____ Delivery date: _____ Born at: _____ weeks

1 What happened during pregnancy or after delivery?

- | | |
|---|--|
| ☐ High blood pressure during or after pregnancy | ☐ Heart problem during pregnancy or after delivery |
| ☐ Preeclampsia (high blood pressure with organ problems) or related seizures (eclampsia) | ☐ Blood clot in a leg, arm or lung |
| ☐ Diabetes during pregnancy (gestational diabetes) | ☐ Kidney problem during pregnancy or after delivery |
| ☐ Baby born early (before 37 weeks) | ☐ Severe bleeding or a blood transfusion |
| ☐ Baby who did not grow as expected before birth | ☐ Serious infection or dangerous reaction to infection (sepsis) |
| ☐ Problem with placenta (baby's oxygen and food supply) | ☐ Other complication / unsure - ask my care team |

Details or words from my medical record: _____

2 What to tell my care team

"My baby needed NICU care. Here is what happened to me during pregnancy and after delivery. What belongs in my medical record, and what follow-up do I need?"

3 Make a follow-up plan together

- | | |
|---|--|
| ☐ Blood pressure | ☐ Blood sugar / diabetes follow-up |
| ☐ Cholesterol and heart health | ☐ Kidney health or specialist care, if needed |
| ☐ Medicines and tests I may need | ☐ Mood, anxiety and support after the NICU |

My next doctor / care team: _____

Visit date: _____

4 During the year after delivery: know when not to wait

Get medical care right away for any of these warning signs:

- | | |
|---|---|
| • Headache that will not go away or gets worse | • Severe vomiting or trouble keeping fluids down |
| • Vision changes, dizziness or fainting | • Severe belly pain that does not go away |
| • Chest pain, racing heartbeat or trouble breathing | • Heavy bleeding, large clots or bad-smelling discharge |
| • Fever of 100.4°F (38°C) or higher | • Severe swelling, redness or pain in a leg or arm |
| • Extreme swelling of the hands or face | • Sudden, overwhelming weakness or exhaustion |
| • Thoughts of harming yourself or your baby | • Something feels wrong? Contact your care team. |

Tell them you gave birth within the past year. For a medical emergency, call 911.

5 My next step

- ☐ Keep this page ☐ Ask to add my history to my record ☐ Bring it to my next visit

My main question: _____

KNOW YOUR STORY. BUILD YOUR RESERVE.

Lisa Zahakos, RPA-C • Founder, HEART RESERVE • heartreserve.blog

Educational worksheet. It does not replace medical care or your own discharge and follow-up plan.

Sources: CDC HEAR HER warning signs • AHA pregnancy outcomes statement • ACOG postpartum care
Sources and accessible web version: heartreserve.blog/resources/after-nicu • Updated September 26, 2026