

YOUR BABIES HAD A MEDICAL HISTORY. SO DID YOU.

Had a complicated twin or multiple pregnancy? What happened during that pregnancy may still matter to your heart health.

FREE GUIDE + APPOINTMENT TOOL

For mothers after twin and multiple pregnancies, including pregnancies affected by TTTS, TAPS, selective growth restriction (sIUGR / sFGR), preeclampsia, high blood pressure, gestational diabetes or preterm delivery.

Use the resource to:

Understand why parts of your pregnancy history may still matter to your heart.

Record what happened to your babies and what happened to you.

Prepare questions for your clinician.

Download an appointment sheet to bring with you.

Write down what you and your clinician decide to do next.

Start with one question

“Does anything that happened during my pregnancy change what you recommend for my heart health now?”



**Scan for the free guide
and appointment sheet**

[heartreserve.blog/resources/
pregnancy-heart-health/twin-pregnancy](https://heartreserve.blog/resources/pregnancy-heart-health/twin-pregnancy)

No registration. No email required. No payment. No risk score.

Foundations, parent-support organizations, fetal-care teams, NICUs and healthcare professionals may share the original HEART RESERVE resource with families.

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Educational information and appointment preparation only. This resource does not diagnose disease, calculate individual risk or replace individualized medical care.