

My Pregnancy & Heart Health

For mothers after twin and multiple pregnancies. Bring this to an appointment. Leave anything blank that you do not know.

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

1. MY PREGNANCY

Year of pregnancy: _____ Weeks at delivery: _____

☐ Twins

☐ Higher-order multiples

☐ Twins shared one placenta / monochorionic

☐ Not sure

Diagnoses affecting the pregnancy or babies

☐ TTTS

☐ TAPS

☐ Selective growth restriction (sIUGR / sFGR)

☐ Other fetal or placental complication

☐ Fetal surgery / procedure

Reason for early delivery, if known:

What my pregnancy team told me about the cause or placenta:

2. WHAT HAPPENED TO ME?

☐ High blood pressure

☐ Preeclampsia

☐ Gestational diabetes

☐ Heart failure / cardiomyopathy / other heart problem

☐ Blood clot

☐ Mirror syndrome, if diagnosed

☐ Other maternal complication

Treatment or follow-up I was told to have:

3. MY HEALTH NOW

Blood pressure, if known: _____ Medications: _____

Cholesterol / blood sugar / A1c results I know:

Family history I want to mention:

Symptoms or changes I want to discuss:

Start with one question

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

QUESTIONS FOR MY CLINICIAN

- Is my blood pressure where you want it to be?
- Should we review my cholesterol, blood sugar or previous results?
- Is there anything from my pregnancy history we should follow over time?
- Does carrying twins or my specific pregnancy history change my follow-up?
- When should we check again?

My other question:

WHAT WE DECIDED

Next step:

Who will arrange it:

Follow-up timing:

Anything I should watch for:

Do not wait for a routine appointment for severe or concerning symptoms.

Seek urgent medical care for new or unexplained chest pain or pressure, significant difficulty breathing, fainting, or a racing heartbeat with chest pain or breathlessness. During pregnancy or after delivery, follow your maternity team's urgent-warning guidance.