Pregnancy Passport [cdn]

Adapted from the MotHERS Program

Pregnancy can be natures' stress test on your health, including your heart. The best timepoints to be screened for heart disease and diabetes risk factors can be during the pregnancy and the postpartum periods.

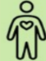
Did you know?
A history of high blood pressure and/or gestational diabetes in pregnancy does not mean you will definitely develop heart and diabetes problems, but you should have your current and future heart health and blood sugars monitored to reduce such risk.

Women with high blood pressure during pregnancy have a higher incidence of future health events.

2x Heart Disease
2x Stroke
4x High Blood Pressure
2x Kidney Disease
3x Diabetes
2x Venous Thromboembolism

How can you lower your risk?

Stay active. Exercise for at least 150 minutes per week at a moderate intensity. Aim for at least 7,000 steps per day.



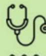
Monitor your body weight. Try to stay at the body weight at which you feel the healthiest. This will vary from person-to-person and is not necessarily reflected by the scale or tape measure.

Live smoke and substance free. Reduce or eliminate tobacco, cannabis, and alcohol use.

Breastfeed. If you are able and choose to breastfeed, try to do so as long as possible.

Eat a diverse diet rich in colorful fruits and vegetables, including nuts and seeds. Reduce salt, fat, and sugar intake.

Get at least 6 hours of sleep regularly. Uninterrupted sleep is best for your health, however, may be a challenge with young children. Prioritize your sleep when possible.



See your primary care provider for routine appointments.

Space your next pregnancy, optimize your health before the next pregnancy and seek early attention when you become pregnant.

Your background information

With which ethnicity do you identify? Select all that apply.

□ White □ Black □ Asian □ Indigenous

□ Other:

Question		
Do you smoke?	□Yes	□No
Did you have high blood pressure before pregnancy?	□Yes	□No
Did you have diabetes before pregnancy?	□Yes	□No
Have you had a heart attack or stroke?	□Yes	□No
Has your mother or sister(s) had preeclampsia (toxemia) or high blood pressure during pregnancy?	□Yes	□No
Does your mother, father or any sibling have high blood pressure?	□Yes	□No
Does your mother, father or any sibling have diabetes?	□Yes	□No
Has your mother, father or any sibling ever had a heart attack or stroke?	□Yes	□No

Have you had the following pregnancy-related cardiometabolic risk indicators?

If you are unsure whether you experienced any of the above complications, please ask your healthcare provider.

Risk indicator		
Preeclampsia	□Yes	□No
Gestational Hypertension	□Yes	□No
Gestational Diabetes	□Yes	□No
Placental Abruption	□Yes	□No
Unexplained Preterm Birth (before 37 weeks)	□Yes	□No
Fetal Growth Restriction	□Yes	□No
Stillbirth/Intrauterine Death	□Yes	□No

If you have any “YES” in your background or risk indicators, **you are at risk**.

For more information

1) scan the QR code, or
2) visit https://cwhhc.ottawaheart.ca/PregnancyPassport

Blood Pressure Check-Up Schedule

Aim for a blood pressure of 120/80

Time since delivery	Average Blood Pressure (mmHg)*	Are you taking Blood Pressure Medication?
1 week *Date:*	______/______	□Yes
_____ weeks *Date:*	______/______	□Yes
_____ weeks *Date:*	______/______	□Yes
_____ weeks *Date:*	______/______	□Yes
2 months *Date:*	______/______	□Yes
4 months *Date:*	______/______	□Yes
6 months *Date:*	______/______	□Yes

Click here to learn more about how to take your blood pressure at home or in a pharmacy.

**If your blood pressure is over 135/85, discuss it with your healthcare provider, make sure to take your medication regularly (if prescribed).*

Recommended 6 Month Assessments

Test	Your Result	Discuss with doctor if…
Total Cholesterol	mmol/L	Over 5.16
HDL	mmol/L	Under 1.3
LDL	mmol/L	Over 3.7
Triglycerides	mmol/L	Over 1.7
Hemoglobin	g/dL	Under 110
Fasting Glucose	mmol/L	Over 6.0 or under 3.6
HbA1c	%	Over 5.6
75g Oral Glucose Tolerance Test	Fasting: mmol/L 2Hr: mmol/L	Over 5.2 Over 7.8
High Sensitivity CRP	mg/L	Over 4.9
Urine Microalbumin Creatinine Ratio	mg/mmol	Over 2.9
eGFR	mL/min	Under 61

Baby's information

Gestational age at delivery: weeks	Birth weight grams	Sex ☐ Male ☐ Female
Head circumference cm	Length cm	Weight Percentile %

Your Recommended Measurements at 6 Months Postpartum

Height cm	Weight kg	BMI kg/m^2
Waist cm	Hips cm	Waist for hip ratio

Medications

Risk Scores at 6 Months Postpartum

Lifetime Risk Score:		To calculate your risk:
Metabolic Syndrome:		
Cardiometabolic Age:		