

Postpartum Visit Algorithm: Prior Cesarean Section

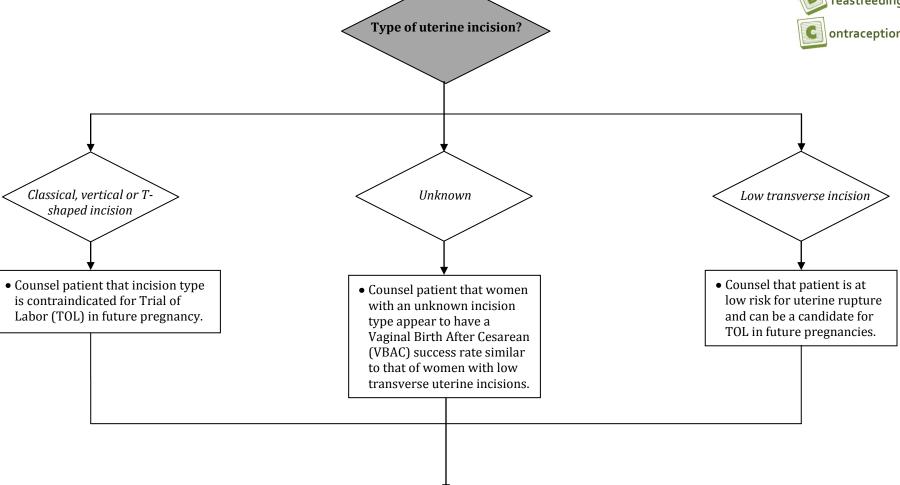
Remember the ABCs:





reastfeeding

ontraception



- Advise all patients to wait 18 months before the next pregnancy (conception).
- Check hemoglobin level to assess for anemia. If patient is anemic, refer to the Postpartum Anemia algorithm for appropriate follow-up.
- Discuss family planning and contraceptive methods.
- Discuss increased risk of placenta previa and accreta if patient has had multiple cesarean sections.



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EVERY DAY

Checklist for Healthy Women

Exercise – 30 minutes a day, 5 days a week

Vitamin – 400 micrograms of Folic Acid per day

Educate yourself about medicines and chemicals that can cause birth defects

Reproductive life planning – set your personal goals for birth control and future children

Yearly doctor visits to discuss physical and mental wellness

Diet - Vegetables, fruits, and whole grains daily

Avoid tobacco, drugs, and alcohol

Your partner, friends, and family should be sources of support

Content from everywomancalifornia.org used with permission from the Preconception Health Council of California.

References:

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