



Postpartum Visits to My Providers

PART OF Preparing for Birth and Beyond:
Postpartum Checklists for Parents Living with HIV

***Congratulations on your little one(s)!** The postpartum period can be a beautiful time, and an overwhelming one. Pregnancy and birth can have an impact on your physical, emotional, and sexual health. These questions can help you focus on how different providers can best support your and your family's health (and you may want to ask some of these questions before you give birth).*

Questions when you see a new provider:

- ☐ Are you familiar with the latest HIV care and treatment guidelines for pregnant people, including support for infant-feeding decision-making?
- ☐ Do you know about the **National Perinatal HIV Hotline** (1-888-448-8765)?
 - A federally funded phone line staffed by experts, offering free clinical consultation and referrals to providers caring for people living with HIV during and after pregnancy and/or their newborns

My OB/GYN or Midwife

- ☐ Can you help connect me with a postpartum doula, public health nurse, or community health worker?
- ☐ At about what points following birth will postpartum appointments happen?
- ☐ I would like help connecting (or reconnecting) with a primary care provider.
- ☐ I would like to stay connected with sexual and reproductive healthcare to discuss:
 - Experiencing sex, intimacy, and pleasure after giving birth
 - HIV prevention for my partner(s)
 - Preventing other STIs for me
 - Future family building or contraception
- ☐ [If you had any complications during pregnancy or delivery] How does this pregnancy impact how I should think about my chronic health or future pregnancies?
- ☐ I am sad, depressed, anxious, or just not feeling like myself.
 - I would like help connecting with a perinatal specialist mental health provider

If you have thoughts of ending your life, help is available! Call 988, the Crisis Lifeline, for emotional support.

Scan this QR code or visit **bit.ly/LaborBirthBeyondHIV**
to view the full postpartum resource, including links to more information.





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My HIV Care Provider

- ☐ I think that coordinating my care with a case manager would be helpful.
- ☐ I need support with taking my HIV and other medications during this stressful time.
- ☐ I am sad, depressed, anxious, or just not feeling like myself.
 - I would like help connecting with an HIV-knowledgeable mental health provider

Baby's Pediatrician

- ☐ What is my baby's appointment schedule?
- ☐ Is there anything I need to be concerned about when it comes to developmental milestones?
- ☐ Who is responsible for ordering and following up on my baby's HIV tests?
- ☐ I would like to learn techniques to help me give my baby their medications.

My Primary Care Provider

- ☐ Have there been any changes in my lab results outside of HIV? What do they mean?
 - ☐ Is there anything I need to be thinking about as far as whole-body health during a stressful year?
 - ☐ I want to talk about my lifetime chance of chronic health conditions.
 - ☐ Am I due for any health screenings (bone health, diabetes, etc.)?
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