

Postpartum Chart Forms (*I have included this form as students have found it very helpful*)

San Francisco General Hospital Department of Ob/Gyn and Reproductive Sciences TWO WEEK POSTPARTUM VISIT	NAME _____ DOB _____ MRN _____
Date: _____ Delivery Date: _____ Age: _____ Parity: _____ BP: _____ Intake Staff Signature/Title: _____	
PSYCHOSOCIAL: Support System: _____ Medi-Cal: ☐ Yes ☐ No ☐ N/A Disability: ☐ Yes ☐ No Domestic Violence: ☐ Yes ☐ No WIC: ☐ Yes ☐ No Adequate Food: ☐ Yes ☐ No PHN Visit: ☐ Yes ☐ No Mothering Concerns/Depression: _____ Comments: _____	
INFANT: Infant Condition: _____ Feeding: ☐ Breast ☐ Bottle ☐ Both Site for Pediatric Care: _____ Comments: _____	
FAMILY PLANNING: Birth Control: ☐ Norplant ☐ IUD ☐ DMPA ☐ PPTL ☐ OC ☐ Diaphragm ☐ Condoms & foam ☐ Other: _____ Consent Signed: ☐ Yes ☐ No Comments: _____	
MEDICAL: F/U Antepartum Problems: _____ Type of Delivery: _____ ☐ Episiotomy ☐ Lacerations: _____ Complications: _____ Medications: _____ PPD: ☐ POS ☐ NEG ☐ Unknown CXR: ☐ POS ☐ NEG ☐ Not done Postpartum HCT: _____ Fever: ☐ Yes ☐ No Pain: ☐ Yes ☐ No Foul Lochia: ☐ Yes ☐ No Bleeding: _____ Intercourse: ☐ Yes ☐ No PE: ☐ Normal ☐ Abnormal Breasts: _____ Abdomen: _____ Perineum: _____ Extremities: _____ Other: _____ Comments: _____	
IMPRESSION: _____	
PLAN: Teaching: ☐ Lactation & Diet ☐ Danger Signs ☐ Intercourse ☐ Contraceptive Instructions Medications: _____ TB Clinic Referral: ☐ Yes ☐ No Return to Clinic: ☐ Family Planning Clinic: _____ weeks ☐ GYN Clinic: _____ weeks Other: _____ _____ _____ _____	
Provider Signature/Title/#: _____	

Sample: 2 week postpartum exam

- S: 30 y.o G2P1, delivered 11/8/20. NSVD 3290 g male. with second degree perineal laceration and no complications. Denies fever, chills, abdominal pain. Lochia pink, small amount. 0 dysuria. + BM. Breastfeeding without supplementation approx. q 1 ½- 3 hours. Nipples slightly sore with latch, but much improved. Mother and husband are helping her at home. States she is tired with night feedings (Q2-3hrs) but rests during day. No intercourse yet. Denies signs or symptoms of depression. Feels confident with baby care. Desires Mirena IUS for family planning. Consent signed. Discharge Hct 33%. Had PHN visit.
- O: T 37, BP 110/60
Breasts: full, symmetrical, 0 lesions. Lactating, nipples intact without erythema.
Abdomen: Non-tender. Uterus at SP. Diastasis - 1FB
Perineum: No edema or s/s infection. Lochia scant, serosa. 1cm hemorrhoid x1 Laceration well approximated and healed
Legs: No edema or pain. No varicosities
- A: 2 week postpartum exam- wnl
- P: Rx: Anusol suppositories
Education: Breastfeeding reviewed and danger signs discussed, comfort measures and prevention of hemorrhoids reviewed. Counseled regarding resumption of intercourse and contraception.
Counseling regarding s/sx postpartum depression.
RTC IUD insert and 6wk visit in 4 weeks