Postpartum Counseling Checklist: Diet, Nutrition, and Exercise

Physical exam

- Nutrition, caloric requirements
  - Weight loss
  - Supplements Calcium
  - Iron
  - Prenatal vitamins
  - DHA, omega-3 fatty acids

- If patient is anemic
  - Iron
    - Food sources
    - Supplement

- Constipation

- Fluid consumption

- For breastfeeding mothers
  - Support and encouragement
  - Refer to local breastfeeding support groups, such as La Leche League, as needed
  - Additional caloric requirements
  - Alcohol and caffeine consumption

- Exercise
  - Pelvic and abdominal muscle conditioning