



**BLOOM**  
OB/GYN

(202) 449-9570



## POSTPARTUM HOME VISITS

45 MINUTES

IN YOUR HOME

MONDAY AFTER DELIVERY

WITH LAUREN GORDON, CNM

- MOTHER/BABY ADJUSTMENT
- BLOOD PRESSURE CHECK FOR MOM
- LATCH CHECK IF BREASTFEEDING
- BREAST CARE WITH BREASTFEEDING OR BOTTLE SUPPORT
- POSTPARTUM DEPRESSION/ANXIETY ASSESSMENT & DISCUSSION

\$200\*

WE RECOMMEND SCHEDULING  
PRIOR TO YOUR 36 WEEK  
APPOINTMENT

\*TRAVEL SURCHARGE FOR VISITS >5 MILE  
RADIUS FROM BLOOM OB/GYN OFFICE

# THIRD TRIMESTER CHECKLIST

PRE-REGISTER AT SIBLEY  
CHOOSE A PEDIATRICIAN  
SIGN-UP FOR CHILDBIRTH CLASSES  
INSTALL A CARSEAT  
PACK A HOSPITAL BAG  
RESEARCH CORD BLOOD COLLECTION

## LABOR SIGNS & SYMPTOMS

"5-1-1" RULE:

CONTRACTIONS <5 MINUTES APART,  
LASTING 1 MINUTE, FOR >1 HOUR  
WATER BREAKING  
VAGINAL BLEEDING

**BLOOM**  **THRIVE**

&



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