

- Postpartum Appointment Tracker -

Date	Days/ Wks	Mom Pulse	BP	Fundus	Bleeding	Mom Tempt	Breasts	Baby Pulse	Resp	Cord	Baby Tempt	# of feedings	# of diapers	Color

KEY: **Days/Wks** = Days or weeks after birth, **Mom Pulse** = Mothers heart rate, **Pres.** = Presentation, **BP** = Blood Pressure, **Fundus** = Fundus checked for firmness, tenderness & position (charted as FBB which mean Finger breaths below umbilicus. **Example:** 2FBB), **Bleeding** = minimum, moderate, extreme, **Moms Tempt** = mothers temperature, **Breasts** = Inquire to nipple or breast tenderness. **Baby Pulse** = Infant heart, **Respiratory** = Respiratory rate. **Cord** = Examine cord stump for swelling, puss and remove clamp (if you remove clamp chart "Removed clamp, healing or healed".) **Baby Tempt** = Temperature of baby. **# of feedings** = Calculate how many times baby breastfeeds in a 24 hr period. **# of diapers** = Calculate how many diapers a baby has in a 24 hr period (**Example:** 6 wet/2 dirty). **Color** = Examine baby's core and face for color. (**Example:** Pink, yellow, tan.)

