



Your "Sis, Don't Let Them Turn You Away" Bracelet

If you are pregnant or have given birth within the last year, wear your "Sis, Don't Let Them Turn You Away!" bracelet whenever possible.

Always tell every healthcare provider:

"I recently gave birth on ____."

or

"I am ____ weeks/months postpartum."



This information is important because some pregnancy-related conditions such as postpartum preeclampsia, blood clots, infection, heart conditions, and postpartum mental health emergencies can occur after birth, even if you're no longer in the hospital. Sharing that you've recently given birth helps your healthcare team evaluate your symptoms with the full picture in mind.

Before You Leave Home

- ☐ Put on your bracelet.
- ☐ Bring your insurance card.
- ☐ Bring your medication list.
- ☐ Bring your blood pressure log (if you have one).
- ☐ Bring your support person if possible.
- ☐ Bring this booklet.
- ☐ Tell every provider your Estimated Delivery Date or Date you Delivered

♥ *Sis, your voice deserves to be heard. Your concerns deserve thoughtful attention. Your family deserves respectful, compassionate care.*



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