



ARE THESE MORE THAN JUST PREGNANCY SYMPTOMS?

Your PPCM Symptom Checker + Risk Awareness



Basic Info



Name: _____



Date: _____



Current week of pregnancy/postpartum week: _____

Are you currently breastfeeding?

☐ Yes ☐ No



Symptoms Checklist (Check all that apply)

- Shortness of breath (especially when lying down)
- Extreme fatigue or heavy swelling
- Swelling in legs, ankles, feet or hands
- Persistent coughing
- Abdominal discomfort or upper stomach pain
- Chest pain or pressure
- Heart palpitations or skipped beats
- Dizziness or fainting
- Increased night-time urination
- Coughing up blood
- Rapid weight gain (3 to 4 pounds in two days)



Risk Factors (Check any that apply)

- Multiple pregnancy or twins
- Pre-eclampsia or high blood pressure
- Diabetes or gestational diabetes
- Smoker (past or present)
- African or Indigenous heritage
- History of heart disease (your family)
- Excessive alcohol use
- Obesity or unhealthy BMI
- Poor diet or lack of access to nutritious food



What to do Next

If you checked 3 or more symptoms and 1+ risk factor, call your doctor or seek medical assistance.

***Disclaimer:** This is not a diagnosis. This tracker is designed to help you identify concerning patterns and speak up about your health.

More free resources available at: www.ppcmpulse.ca