

Speak Up™

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- Never miss a prenatal doctor visit.
- Be sure your OB provider checks your urine for protein.
- Keep a record of your blood pressure so you will know if it changes.
- Count your baby's "kicks." After you eat a meal, lay down. Your baby should move about 10 times in an hour. If you do not feel your baby moving as normal, contact your OB provider.



Be aware of the signs of infection

New moms are at risk for infection. Call your OB provider if you experience any of these signs:

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The goal of Speak Up™ is to help patients and their advocates become active in their care.

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