**Box 3**

## Six week postnatal visit checklist for women who have had hypertensive disorders in pregnancy

- Check blood pressure
- Check dipstick urinalysis for proteinuria
- Consider weight check if raised BMI
- Review antihypertensive medication and dose titration
- Discuss feeding method (explain that it is alright to breastfeed while using antihypertensives identified in table 1, p22)
- Discuss mood and mental health
- Discuss contraception
- Discuss risk of recurrence in future pregnancies
- Discuss future cardiovascular risk and how to reduce risk