

Pregnancy and Postpartum Gut Symptom Route Card

Use this as a conversation prep sheet, not a self-diagnosis tool.

Call Now Or Seek Urgent Care

- Heavy bleeding or feeling faint
- Fever or chills
- Severe, worsening, or unusual abdominal or pelvic pain
- Persistent vomiting
- Blood or black stool
- Signs of dehydration
- Diarrhea lasting more than 2 days
- Upper-right abdominal pain, severe headache, vision changes, or blood-pressure concerns

Common Overlap To Sort

- Constipation or hard stools
- Diarrhea or urgency
- Reflux or burning chest/throat symptoms
- Hemorrhoid symptoms
- Bloating or pressure
- Pelvic pressure, incomplete evacuation, or leakage

Before Calling, Write Down

- Pregnancy week or postpartum timing:
- Stool pattern:
- Pain location and severity:
- Vomiting, fever, bleeding, dehydration, or blood-pressure symptoms:
- Medicines, supplements, laxatives, iron, magnesium, or antibiotics:
- What is different from your usual IBS pattern: