

ATI Postpartum Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which statement describes the second step in the fundal massage sequence?**
 - A. Lie on her back with her knees flexed.**
 - B. Place a hand just above the symphysis pubis.**
 - C. Rotate the upper hand to massage the uterus.**
 - D. Use slight downward pressure to compress the fundus.**

- 2. For a postpartum client who has hearing impairment, which of the following is an effective communication strategy?**
 - A. Sit at the client's eye level**
 - B. Speak loudly from across the room**
 - C. Turn away while speaking to reduce glare**
 - D. Write everything on a whiteboard without face-to-face interaction**

- 3. What is subinvolution and how might it present?**
 - A. Delayed return of the uterus to its nonpregnant size; presents with prolonged lochia and a uterus that remains enlarged**
 - B. Rapid involution with decreased lochia**
 - C. Fever and chills**
 - D. Nausea and vomiting**

- 4. What are key aspects of perineal hygiene after vaginal birth?**
 - A. Shave the perineal area daily.**
 - B. Use sitz baths as advised, keep area clean from front to back, pat dry, and monitor for redness or fever.**
 - C. Apply talcum powder.**
 - D. Soak in hot tub daily.**

- 5. At 12 hours postpartum, which location should the nurse expect to palpate the fundus?**
 - A. At the level of the umbilicus**
 - B. 2 cm below the umbilicus**
 - C. Approximately 1 cm above the umbilicus**
 - D. At the symphysis pubis**

- 6. Which scenario would necessitate scheduling a postpartum visit sooner than the typical 4-6 weeks?**
- A. Moderate vaginal bleeding with normal vitals.**
 - B. Complications requiring earlier follow-up.**
 - C. Baby weight stable and feeding well.**
 - D. No issues.**
- 7. Carboprost (Hemabate) is contraindicated in patients with history of which condition?**
- A. Diabetes Mellitus.**
 - B. Asthma or bronchospasm history.**
 - C. Hypertension.**
 - D. Kidney Disease.**
- 8. Which statement should be included in discharge instructions for a postpartum client regarding leg swelling?**
- A. Take daily NSAIDs without prescription.**
 - B. Notify the provider immediately if a leg becomes swollen.**
 - C. Expect leg swelling to resolve within 24 hours without action.**
 - D. Apply heat to legs to promote circulation.**
- 9. A nurse is providing postpartum discharge teaching for a client who is breastfeeding. The client states, 'I've heard that I can't use any birth control until I stop breastfeeding.' Which response should the nurse make?**
- A. A combined estrogen-progestin pill is safe to use while breastfeeding**
 - B. A progestin-only pill or injection is available for use while you are breastfeeding**
 - C. A copper IUD should be avoided while breastfeeding**
 - D. Contraception is not needed during breastfeeding**

10. A nurse is reinforcing discharge instructions with a client who had a cesarean birth 4 days ago. The client's hemoglobin level is 9.2 g/dL, and the provider has prescribed an iron supplement. Which of the following foods should the nurse recommend to help increase the client's iron intake?

- A. Dairy products**
- B. Refined grains**
- C. Citrus fruit**
- D. Foods high in fat**

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Answers

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1. B
2. A
3. A
4. B
5. C
6. B
7. B
8. B
9. B
10. C

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Explanations

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1. Which statement describes the second step in the fundal massage sequence?

- A. Lie on her back with her knees flexed.**
- B. Place a hand just above the symphysis pubis.**
- C. Rotate the upper hand to massage the uterus.**
- D. Use slight downward pressure to compress the fundus.**

Fundal massage uses a two-hand technique to promote a firm uterus and prevent hemorrhage. The second step is to stabilize the uterus by placing a hand just above the pubic symphysis. This positioning provides support for the lower uterus, helping keep it in place as you perform the massage on the fundus with the other hand. Once the lower uterus is stabilized, you would use the other hand to massage the fundus in a circular motion and apply gentle downward pressure as needed to encourage contraction and expel any clots. Lying flat with knees flexed is a setup step done before massage begins, and rotating the hand or applying downward pressure are actions that occur during the massage after stabilization.

2. For a postpartum client who has hearing impairment, which of the following is an effective communication strategy?

- A. Sit at the client's eye level**
- B. Speak loudly from across the room**
- C. Turn away while speaking to reduce glare**
- D. Write everything on a whiteboard without face-to-face interaction**

Sitting at eye level with the client supports clear, visual communication essential for someone with hearing impairment. Being at the same height lets her see your face clearly, including lip movements and facial expressions, which improves understanding and helps you convey instructions about postpartum self-care, newborn care, and warning signs to monitor. This position also communicates respect and engagement, which is important for building trust during a time that can be physically and emotionally taxing. In practice, pair this with good lighting, face the client directly, and speak clearly in short, simple sentences. Pause to check understanding and be ready to use written materials or sign language interpretation if needed. The other approaches fail to provide the visual cues that many hearing-impaired individuals rely on: shouting from across the room can be loud but doesn't improve comprehension and can feel disrespectful; turning away blocks visual cues; and writing everything without face-to-face interaction removes lip-reading and nonverbal communication that help ensure understanding.

3. What is subinvolution and how might it present?

- A. Delayed return of the uterus to its nonpregnant size; presents with prolonged lochia and a uterus that remains enlarged**
- B. Rapid involution with decreased lochia**
- C. Fever and chills**
- D. Nausea and vomiting**

Subinvolution is the delayed return of the uterus to its pre-pregnant size after delivery. After birth, the uterus normally involutes and the lochia diminishes over time; when this process is incomplete, the uterus remains enlarged and lochia stays heavier for longer than expected, which can lead to ongoing vaginal bleeding and even postpartum hemorrhage. This presentation—an enlarged uterus with prolonged lochia—best fits subinvolution. Rapid involution would shorten lochia and shrink the uterus sooner, so that does not fit. Fever and chills suggest infection such as endometritis rather than subinvolution, and nausea/vomiting are not typical signs of this condition.

4. What are key aspects of perineal hygiene after vaginal birth?

- A. Shave the perineal area daily.**
- B. Use sitz baths as advised, keep area clean from front to back, pat dry, and monitor for redness or fever.**
- C. Apply talcum powder.**
- D. Soak in hot tub daily.**

After vaginal birth, keeping the perineal area clean, dry, and free from irritation supports healing and prevents infection. The best approach is to use sitz baths as directed, cleanse the area from front to back, pat dry with a clean towel, and monitor for signs like redness or fever. A sitz bath soothes the area, helps keep it clean, reduces swelling, and promotes comfort during recovery. If redness, swelling, drainage, foul odor, or fever develops, contact care providers promptly. Shaving the area daily isn't necessary and can irritate the skin, increasing infection risk. Talcum powder can irritate the wound and isn't routinely recommended. Soaking in a hot tub daily can expose the wound to unclean water and bacteria and is not advised unless specifically instructed by a clinician.

5. At 12 hours postpartum, which location should the nurse expect to palpate the fundus?

- A. At the level of the umbilicus**
- B. 2 cm below the umbilicus**
- C. Approximately 1 cm above the umbilicus**
- D. At the symphysis pubis**

Involution of the uterus after birth means the fundus stays firm and midline while descending gradually. It's expected to be at the level of the umbilicus right after delivery and then descend about 1 cm per day. At about 12 hours postpartum, the fundus is typically at or just above the umbilicus—commonly about 1 cm higher than the umbilicus. If you palpate a fundus that's higher than expected or boggy, consider bladder distention as a cause and perform a gentle fundal massage to firm it. Ensure the uterus remains midline and note any persistent softness, which could indicate risk for hemorrhage.

6. Which scenario would necessitate scheduling a postpartum visit sooner than the typical 4-6 weeks?

- A. Moderate vaginal bleeding with normal vitals.**
- B. Complications requiring earlier follow-up.**
- C. Baby weight stable and feeding well.**
- D. No issues.**

The main idea is that postpartum follow-up is usually at 4-6 weeks for routine recovery, but an earlier visit is needed whenever there are potential problems that could worsen if not checked sooner. When there are complications that require closer monitoring or prompt treatment, scheduling sooner helps prevent serious issues for both mom and baby. For example, if bleeding is heavy or not safely controlled, if there are signs of infection (fever, foul lochia, increasing pain), if there are severe headaches with high blood pressure, or if mood changes suggest postpartum depression, these scenarios call for an earlier check. In contrast, moderate vaginal bleeding with normal vitals, a baby who is gaining weight well, feeding well, or no issues at all are consistent with the routine 4-6 week visit.

7. Carboprost (Hemabate) is contraindicated in patients with history of which condition?

- A. Diabetes Mellitus.**
- B. Asthma or bronchospasm history.**
- C. Hypertension.**
- D. Kidney Disease.**

Carboprost (Hemabate) is a prostaglandin F2 alpha analog used to treat postpartum hemorrhage by triggering strong uterine contractions. However, it also can cause bronchoconstriction, which can worsen asthma or provoke bronchospasm rapidly. Because of this risk, it is contraindicated in patients with asthma or a history of bronchospasm. The other conditions listed—diabetes mellitus, hypertension, and kidney disease—do not inherently interfere with carboprost's mechanism in a way that creates a contraindication, so they do not preclude its use. If a postpartum hemorrhage requires treatment and asthma is a factor, alternatives such as oxytocin or misoprostol are considered safer options.

- 8. Which statement should be included in discharge instructions for a postpartum client regarding leg swelling?**
- A. Take daily NSAIDs without prescription.**
 - B. Notify the provider immediately if a leg becomes swollen.**
 - C. Expect leg swelling to resolve within 24 hours without action.**
 - D. Apply heat to legs to promote circulation.**

Leg swelling after delivery can signal a venous thromboembolism, because the postpartum period is a time of increased blood clotting. If swelling develops, especially in one leg and accompanied by warmth, redness, or calf tenderness, it requires prompt assessment to rule out a deep vein thrombosis and prevent a potential pulmonary embolism. Therefore, the instruction to include is to notify the provider immediately if a leg becomes swollen. This ensures timely evaluation—often with a leg Doppler ultrasound—and appropriate treatment if a clot is present, which protects the mother from serious complications. Why the other statements aren't appropriate: taking NSAIDs without a prescription can pose safety risks and may mask symptoms or interact with breastfeeding or other conditions. Assuming swelling will resolve within 24 hours without any action ignores the possibility of a DVT. Applying heat to a swollen leg is not advised when clot risk is present, as heat can worsen inflammation and delay diagnosis.

- 9. A nurse is providing postpartum discharge teaching for a client who is breastfeeding. The client states, 'I've heard that I can't use any birth control until I stop breastfeeding.' Which response should the nurse make?**
- A. A combined estrogen-progestin pill is safe to use while breastfeeding**
 - B. A progestin-only pill or injection is available for use while you are breastfeeding**
 - C. A copper IUD should be avoided while breastfeeding**
 - D. Contraception is not needed during breastfeeding**

The main idea is that postpartum contraception for someone who is breastfeeding should avoid estrogen-containing methods because estrogen can affect milk supply. A progestin-only option is preferred because it provides reliable contraception without reducing milk production. So telling the patient that a progestin-only pill or a progestin-only injection is available and appropriate during breastfeeding is the best guidance. The minipill must be taken around the same time each day, and the injection provides protection for about 12 weeks. Estrogen-containing combined pills are generally avoided while breastfeeding for these reasons, and while the copper IUD is safe during lactation, that option isn't the focus of this direct teaching. Also, relying on breastfeeding alone for contraception isn't reliable, since fertility can return even if the mother is still lactating.

10. A nurse is reinforcing discharge instructions with a client who had a cesarean birth 4 days ago. The client's hemoglobin level is 9.2 g/dL, and the provider has prescribed an iron supplement. Which of the following foods should the nurse recommend to help increase the client's iron intake?

- A. Dairy products**
- B. Refined grains**
- C. Citrus fruit**
- D. Foods high in fat**

The key idea is that vitamin C boosts iron absorption. The iron in supplements and many foods is non-heme iron, which the body absorbs more efficiently when vitamin C is present. Citrus fruits are rich in vitamin C, so recommending them helps maximize how much iron the client absorbs from the supplement and dietary iron. Calcium in dairy can interfere with iron absorption if eaten together with the iron dose, and refined grains or high-fat foods don't specifically enhance iron uptake. So pairing iron with citrus fruit optimizes absorption and supports better correction of iron-deficiency anemia.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://atipostpartum.examzify.com>

We wish you the very best on your exam journey. You've got this!

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