

# YOUR 6-8 WEEK POSTNATAL CHECK

You can choose to book in with your GP between 6-8 weeks after giving birth. At this appointment, your GP will check the health and wellbeing of you and your baby. You can find some suggestions about what you might like to talk about below.

## Your physical health:

Pelvic health, stitches, wound healing, blood loss, any physical symptoms.




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## Your mental health:

Your mood, any support you need, your family support.




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## Your sexual health:

Sex after giving birth, contraception methods, smear tests.




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## Your baby's health:

Newborn check, feeding your baby, sleep, development, any health needs.




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## Your future health:

Ongoing medication needs, further referrals, planning for future pregnancies.




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