

What to Expect at Your Postpartum Visit



Fact: A postpartum visit might also be called a “postpartum check-up,” “six-week check-up,” or a “post-birth check-up” These are the same, so be sure to get one scheduled, more than one may be needed.

WHAT IS A POSTPARTUM VISIT?

A postpartum visit is a medical appointment which occurs after giving birth to make sure you are healing well. This visit is very important because it will help you continue to be healthy. Read further to learn more about what occurs at this check-up!

WHEN SHOULD I HAVE THIS VISIT?

You should see your provider before your baby is six weeks old. Some providers may want to see you earlier to be certain you are healthy.

IS IT IMPORTANT FOR ME TO GO?

Yes! Having a baby is hard. You will feel many physical and emotional changes after giving birth. Your postpartum visit will help your provider give you the help you need to have a healthy start with your baby. It is important to go to your postpartum visit, even if you feel fine because new moms can be at risk for serious health problems. Let your medical care team support you! Your team cares for your health before during and after your pregnancy.

HOW DO I GET AN APPOINTMENT SCHEDULED?

Be sure to ask someone on your care team about scheduling your postpartum visit before you leave the hospital after your baby’s birth. They can help you schedule an appointment and add it to your calendar as a reminder!

SHOULD ALL MOMS GO TO A POSTPARTUM VISIT?

Yes! Postpartum visits are important for all moms, even if they have given birth before.

They are especially important for moms who had a loss due to:

- Miscarriage: When a baby dies in the womb before 20 weeks
- Stillbirth: When a baby dies in the womb after 20 weeks
- Neonatal Death: When a baby dies in the first 28 days of life

WHAT WILL HAPPEN AT THIS APPOINTMENT?

The postpartum visit is about YOU! The provider is there to help you and not judge you. It is okay to tell them about any concerns you might have in order to get the support you need.

Here are some things your provider may discuss at your postpartum visit:

- How well you are healing after birth (possible breast and pelvic exam)
- Lab tests, if needed
- Check for postpartum bleeding
- Postpartum depression and anxiety/feeling sad or worried
- Your breasts and infant feeding
- Sex and contraception/birth control
- Your support system at home and in the community
- Resources or support you may find helpful (home visitation, community resources, lactation support, etc.)
- Follow up on any pregnancy complications such as high blood pressure, diabetes (high blood sugars), and anemia

QUESTIONS YOU WANT TO ASK AT YOUR VISIT:

- How long should I wait to have sex after giving birth?
- How soon after giving birth can I get pregnant again?
- I’ve been feeling very stressed out and anxious. Can you help me with this?
- Who can help me with questions about breastfeeding?
- Do you have resources for my partner to support with parenting?
- When is it safe for me to start exercising again?
- Can someone from my care team visit me at home to check on me and the baby?
- Baby supplies are expensive! Are there any resources to help me?
- Do I need any vaccines after I have my baby?
- Are there any foods I should eat to improve my health?

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