

# Postpartum checkup



## Taking care of you, too!

Once you are home with your newborn, it's hard to think about making time for anything but your baby, including getting enough sleep or finding time to eat. But taking care of yourself is good for you and your baby. Even if you feel fine, it's important to have a postpartum checkup.

## Q What happens during the postpartum checkup?

**A** During the postpartum checkup your health care provider will:

- Do a physical exam
- Check your blood pressure and weight
- Assist with any breastfeeding concerns
- Make sure that any health conditions that happened during pregnancy have gotten better
- Check that pre-existing conditions like diabetes or high blood pressure are controlled
- Discuss plans for future pregnancies

## Make the most of your checkup

After you give birth, you may have lots of questions about your body, your emotions and your sex life. Here is a checklist to help you think through what you want to ask your health care provider. And remember, there is nothing too small or too personal to discuss with your provider. Taking care of patients like you is why your provider chose this profession in the first place.

## Weight loss and nutrition

- How many calories should I eat a day to drop the baby weight?
- What foods should I eat or avoid if I am breastfeeding?
- What vitamins and supplements should I take?
- When should I start to exercise?

## Physical well-being

- When is it safe to restart my medications?
- Will my body ever look like it did before I got pregnant?
- What can I do about stretch marks and varicose veins?
- Why do I have hemorrhoids and what can I do about them?

## Emotional well-being

- Why do I sometimes feel sad, anxious and irritable?
- Why do I feel like I am on an emotional roller coaster?
- Why can't I fall asleep and stay asleep?

## Sex and safe spacing

- When is it safe to start having sex again?
- Why don't I feel like having sex?
- How long should I wait before getting pregnant again?

