

THE POSTPARTUM VISIT

Your postpartum visit is a chance for your health care provider to see how things are going for you during the postpartum period. They will also review your pregnancy course, delivery, and address any concerns. You are welcome to bring your baby but it is not essential. Your baby is typically seen within the first week of birth and will already be receiving care with a family doctor, pediatrician, or nurse practitioner.

Your postpartum visit is typically scheduled 6 weeks after delivery.



GENERAL DISCUSSION

- If you are breastfeeding, how it's going?
- Have you experienced any bowel or bladder issues?
- How your perineum is healing?
- How is your bleeding? Has it stopped?
- How has your mood been postpartum?
- Screen for postpartum depression
- Discussion about birth control options
- Review plans to return to sexual activity and exercise



CHECK-UP

Your **weight and blood pressure** is often measured.

If you had a vaginal delivery and had a perineal laceration or episiotomy, your health care provider may suggest a vaginal examination to **ensure your perineum is healing** properly. If you had a C-section, your **incision will be assessed**.

SUPPORT

Your health care provider is **here to support you during the postpartum period**. For additional support, you can be referred to different specialists (e.g., lactation consultant, pelvic floor physiotherapist, mental health professionals).

If you have a non-urgent concern, try to book an appointment sooner. **You don't have to wait 6 weeks.**

BLOOD WORK & PAP TEST

Depending on your pregnancy and current health status, your health care provider **may order blood work**.

If you are due for a **pap smear**, your health care provider will give you the option of doing it during your postpartum visit.

LOOKING FORWARD

Your health care provider will also discuss recommendations if you are planning future pregnancies based on how this pregnancy and delivery went (e.g., need for Aspirin in a future pregnancy if you had pre-eclampsia this pregnancy).

References

The Society of Obstetricians and Gynaecologists of Canada. Postpartum health care and 6-week postpartum visit [Internet]. Pregnancy Info. 2024. Available from: <https://www.pregnancyinfo.ca/postpartum/postpartum/postpartum-health-care-and-6-week-postpartum-visit/>

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