



The Postpartum Visit:

— A well woman visit for you. —

WHAT IS THE POSTPARTUM VISIT?

- 👩 A checkup that occurs four to six weeks after you have the baby.
- 👩 If you had a cesarean section, you may have two visits
 - 👩 one to check how you are recovering from the surgery
 - 👩 and another to cover all the aspects of your postpartum health
- 👩 During the postpartum period you may experience many physical and emotional adjustments. Some women may think they do not need this visit. It is just as important:
 - 👩 as one of the prenatal visits
 - 👩 as your baby's well visit with your baby's health care provider
 - 👩 even if you are feeling fine
- 👩 The postpartum visit is usually covered by Medicaid and private insurance groups.

DURING THIS VISIT, YOUR HEALTHCARE PROVIDER SHOULD:

- 👩 Review your pregnancy and birth records
- 👩 Complete a physical exam
- 👩 Check your blood pressure and your weight
- 👩 Address health concerns that you had before pregnancy or that developed during your pregnancy
- 👩 Review what immunizations / shots you may need, that you could not get during your pregnancy
- 👩 Discuss family planning goals

A MOM'S HEALTH IS VERY IMPORTANT.

- 👉 You take care of your family and may work outside the home.
- 👉 You need to take care of yourself and take time for your needs.
- 👉 Invest the time and energy into your health, your baby needs you to be healthy and well.

BEFORE THE VISIT:

- 👉 Make a list of questions you would like to ask during the visit. The checklist may help.
- 👉 Discuss family planning goals with your partner.
- 👉 This is a great time to ask questions about your birth experience.

If there are other things you would like to discuss with your health care provider, write them down here to help you remember.

Your postpartum visit is scheduled:

Dr. _____

Address: _____

Date: _____

Time: _____

dhhs.ne.gov/MomAndBaby

Your Postpartum Checklist

Discuss with your healthcare provider:

PHYSICAL HEALTH:

- ✓ **Breasts / breastfeeding**
- ✓ **Constipation**
- ✓ **Hemorrhoids**
- ✓ **Vaginal drainage**
- ✓ **Urinary leakage**
- ✓ **Weight loss**
- ✓ **Exercise**

EMOTIONAL HEALTH:

- ✓ **Getting enough rest/exhausted**
- ✓ **Mood swings**
- ✓ **Feeling sad, anxiety, nervous, overwhelmed**

SEXUAL HEALTH:

- ✓ **When to resume sexual intercourse**
- ✓ **Minimizing discomfort**
- ✓ **Family planning goals**



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Dept. of Health & Human Services (HHS) under Maternal Child Health Title V Funding. This information or content and conclusions are those of the presenters and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.

NEBRASKA

Good Life, Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES