

# Taking Care of You

Your new baby may be the center of your world, but it is extremely important not to forget to take care of yourself! In an emergency, you must make sure you are safe before assisting others. The same is true when you have a baby. An important part of self-care is the six-week postpartum appointment.

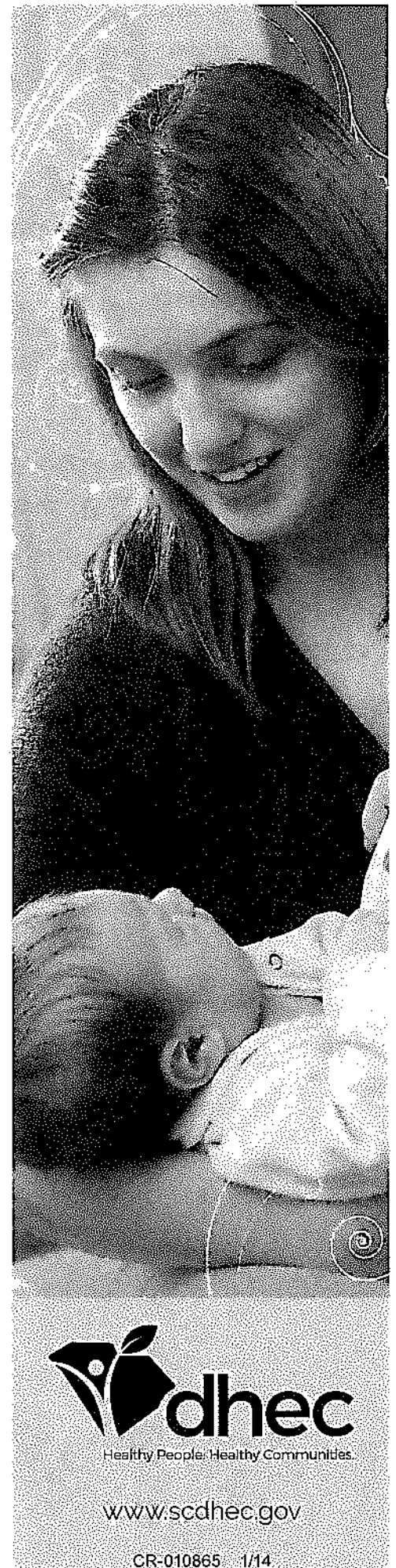
## What is the postpartum visit?

This visit occurs when you see your health care provider about a month and a half after your baby is born. During this visit, your doctor will cover important topics to make sure you're recovering well from birth. It is also a good time for you to ask questions that can help you adjust to your life with a new baby.

This visit will cover a lot of topics including your physical and emotional health, sexual health and family planning, weight, nutrition, exercise, breast-feeding, referrals and follow-up appointments, paperwork, and newborn concerns.

This checklist was created to remind you of important things to talk to your doctor about during this visit.

This checklist was adapted from the South Los Angeles Health Projects/Los Angeles BioMed Women, Infants, and Children Program.



[www.scdhcc.gov](http://www.scdhcc.gov)

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# Your 6-Week Postpartum Checklist

Congratulations on the birth of your new baby! Now is a very important time to take care of your own health.

Make and keep your six-week postpartum checkup appointment!



Take this guide with you to your postpartum checkup.

Topics to talk about with your doctor:

**Your physical health:**

- Any physical symptoms you are having, such as breast pain, vaginal bleeding or discharge, problems going to the bathroom, or any other pain
- Treatment for any health condition you had before or during pregnancy (such as diabetes, high blood pressure or anemia)

**Your emotions:**

- Any feelings of sadness, depression, or anxiety or being overwhelmed, nervous, lonely, exhausted, or unable to sleep

**Sexual health and family planning:**

- When you can begin to safely have sex again
- Which family planning method is best for you (ask for a prescription, if necessary)

**Healthy weight:**

- The healthiest weight range for you and how to get there

**Nutrition:**

- Continuing prenatal vitamins and what multivitamins with folic acid to switch to when your prenatal vitamins run out

**Exercise:**

- Healthy physical activity
- How to strengthen your pelvic muscles

**Follow up and referrals:**

- When to return for your well-woman visit
- Any referrals you may need

**Paperwork:**

- Remember to take any paperwork your doctor needs to fill out for you such as maternal leave forms.

**Your newborn:**

- Any concerns you have about your baby

**Breastfeeding:**

- WIC staff or your doctor can help with your questions.
- Call 800-868-0404 or visit [www.scdhec.gov/wic](http://www.scdhec.gov/wic) for more info.

If there are other things you would like to discuss with your doctor, write them down to help you remember.

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For more information, please call the toll-free DHEC Care Line at 800-868-0404.