

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.

Things to ask your doctor about:

☐ **Your physical health:**

- Any physical symptoms you are having, such as breast pain, vaginal bleeding or discharge, other pain, any problems going to the bathroom
- 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, being overwhelmed, anxious, 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:**

- Any available blood work results
(such as hemoglobin or hematocrit) to take to WIC
(Remember to take any paperwork your doctor needs to fill out for you: for example maternity leave forms)

☐ **Your newborn:**

- Any concerns you have about your baby

☐ **Breastfeeding:**

WIC staff can help with your breastfeeding questions!

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