



6 week Postnatal checks for Mother and Baby

PATIENT INFORMATION LEAFLET

Mother's 6 week postnatal check with GP

Your GP recommends that you have an appointment to see them in their surgery at 6 weeks after delivery.

The aim of the postnatal appointment is to give you and your GP an opportunity to check and discuss the general wellbeing of you and your baby and identify any areas of concern.

We recommend you consider these areas and any others you may be thinking about before your appointment so that you can highlight your areas of concern with the doctor during your appointment.

Should your GP feel a further discussion or check is required with them, the health visitor or specialist, an appointment to see them can be arranged.

As a guide your GP appointment may include questions, advice or examination in relation to the following if relevant to you:

Your general physical wellbeing:

- Blood pressure
- Likelihood of anaemia
- Abdominal examination
- Vaginal bleeding
- Symphysis pubis pain and pelvic floor advice
- Abdominal, breast, or back discomfort.
- Birth related scars or stitches or haemorrhoids (piles)
- Urine symptoms
- Fitness to drive
- Follow up advice for those who developed diabetes or high blood pressure during pregnancy.

Your sexual wellbeing:

- Contraception
- Vaginal discomfort

Your emotional wellbeing:

- Coping strategies
- Postnatal depression
- Your birth and mothering experience
- Relationship issues

The 6 Week Baby Check

This check is done when your baby is 6 weeks old. It is a standard check of the baby to look for any underlying physical health problems.

Because the baby is physiologically very different at six weeks, compared to the first few weeks after birth, this is a very important check at an early stage in your child's life.



The areas examined can be found in your red book and it is a fixed routine examination that all GPs can perform. Please bring your red book to the appointment.

Some parts of the examination may be a little uncomfortable for your baby, but it won't cause them any pain.

The aim is to spot any problems early so treatment can be started as soon as possible. Usually, nothing of concern is found.

You will need to have seen your health visitor within 7 days prior to the test to have had your baby weighed to enable the doctor to review their growth charts.

Your GP may need to arrange for your baby to have further tests or come back for a review or to discuss matters further.

The doctor will use this opportunity to talk to you about the baby immunisations schedule which starts at 8 weeks.

How to book your checks

The checks are booked in the same way as any other appointment by contacting the administration team at the site at which you wish to be seen. Please make it clear you are booking a postnatal check for you and/or your baby to allow sufficient time when you arrange your appointment.

All our GPs perform the mother and baby checks. Routinely we do the mother and baby check at the same time with the same doctor. If, however you wish to see a specific doctor for the baby check and a different doctor for the mother's check this can be arranged if you let the administration team know when you book.

Your baby needs to be registered with us to perform the check, you should have received a registration document in the post. If your baby is not already registered, please attend 10 minutes before your appointment time and our administration team can help you to register your baby prior to the appointment. We need your baby's GY number, (you can obtain this from Social Security), sight of the baby's birth certificate and proof of your ID in order to do this.

IslandHealth offers a double consultation (20 minutes) for the baby at this 6 week check, followed by a single consultation (10 minutes) for the mother. Only two single consultation fees will be applied.

Our administration team will be able to inform you of the charges for these checks with your GP.

Further Information:

If you require any further information please contact us at:
Email: enquiries@health.gg

Telephone:
St Sampson's Medical Centre – 245915
L'Aumone Surgery – 256517
Town Surgery, Frances House - 724747