

## THE POSTNATAL CHECK AT THREE SPIRES

This is a 30 minute appointment during which a full examination of your baby will take place. For this they will need to be undressed fully during the check and the '6-8 week review' section will be completed in their red book by your GP.

A review of your post-pregnancy health will also form part of the check and this gives us and you an opportunity to discuss how you are feeling and adjusting, physically and emotionally following your new arrival.

Contraception will also be discussed and it may be useful to review the following:

[www.fpa.org.uk/contraception](http://www.fpa.org.uk/contraception) specifically the section on 'Contraceptive choices after having a baby'

As there is a lot to cover during your check appointment, we would like to emphasise that you don't need to save up concerns for this appointment. We have appointments available daily and mothers and new babies are always prioritised for urgent appointments when needed. Just ring our reception and the team will be happy to help.

Finally, could we signpost you to your red book's 'Information and Advice' section; the back page of your Green pregnancy notes for a list of relevant support groups and websites and the NHS Choices Pregnancy and Baby Guide [www.nhs.uk/conditions/pregnancy-and-baby/](http://www.nhs.uk/conditions/pregnancy-and-baby/) for advice about you and your baby.

We look forward to seeing you and your baby at your appointment,

The GP Team at 3 Spires