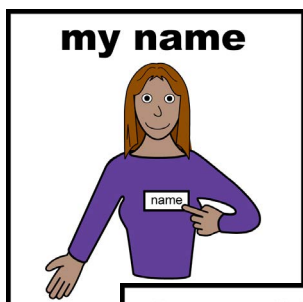
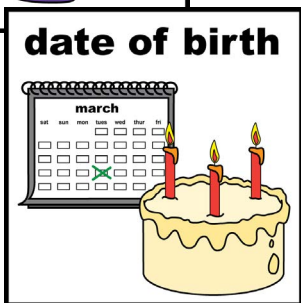


GP post-natal 6 - 8 week check up Pre questionnaire



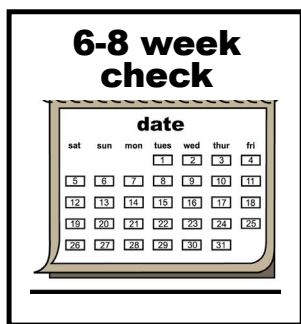


Name:



Date of Birth:

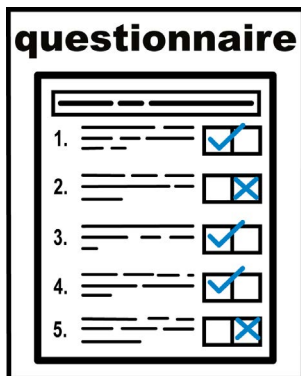
NHS Number:



6 to 8 weeks after having your baby your GP Practice will invite you to have a check up with them.

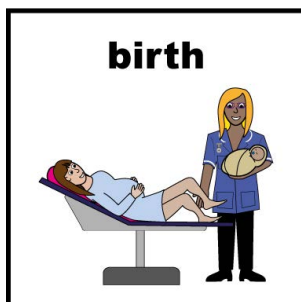
This is to check you are well, talk about how you feel, how to stay healthy and well and answer any questions you have.

You can find out more watching this video here:
www.nhs.uk/conditions/baby/support-and-services/your-6-week-postnatal-check



The questions will help us support you better at your check.

Please complete it. You can ask somebody to support you.

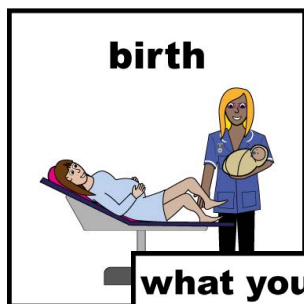


Do you have any problems after the birth of your baby?

For example, if you had stitches do you think they have healed ok

Yes

No



Are you happy with your birth experience?

Yes

No

Is there anything you would like to talk about at your check

Yes

No

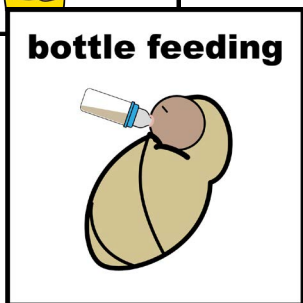


Lots of changes happen in your life after having a baby that can affect you, your partner and family.

Would you like to know more about what help is available to new parents?

Yes

No



How are you feeding your baby?

Breast milk

Formula milk

Both



Would you like any extra support with how your baby is feeding?

Yes

No

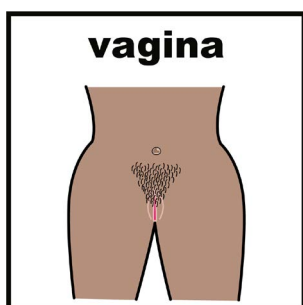


Since having your baby do you have any problems with such as:

- Getting to the toilet on time
- Controlling wind
- Leaking wee or poo

Yes

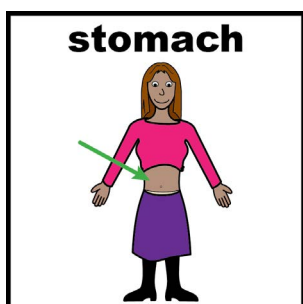
No



Do you have any pain, heaviness or a lump in your vagina?

Yes

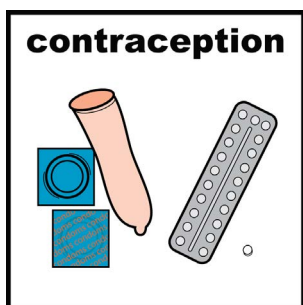
No



Is there any gap in your stomach muscles that isn't improving or bulges out during exercise or daily activities?

Yes

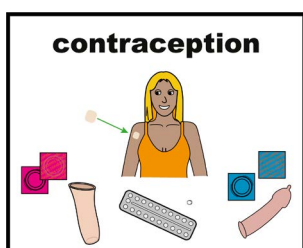
No



Are you taking or using any contraception?

Yes

No



If you answered yes, what contraception are you using? You can tick more than one.

Condoms

Coil

Contraceptive Pill

Depot Injection

Implant

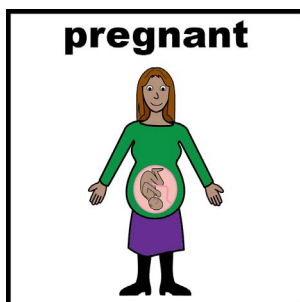
Contraceptive Patch



If you answered no would you like to think about contraception by:

Talking at your GP 6 – 8 week check appointment

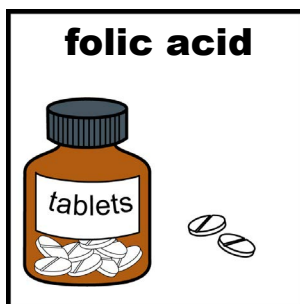
Make a separate appointment with the practice nurse or sexual health clinic



If you have decided not to use contraception, are planning another pregnancy?

Yes

No



Do you know about the benefits of taking folic acid?

Yes

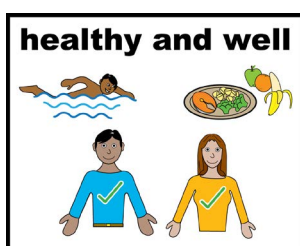
No



Do you feel you are getting enough sleep and rest?

Yes

No



Do you want to talk about staying healthy and well at your check?

Yes

No



Is there anything else that you would like to talk about at your check?

For example medications you are taking or other health conditions.

Yes

No



Do you have need reasonable adjustments to attend you appointment? For example: longer appointment, easy read information

Yes

No

Please tell us what they are:

You can find out more about reasonable adjustments at www.necldnetwork.co.uk/work-programmes/reasonableadjustments