

Your 5 to 6 Weeks Check Up After the Baby

Five or six weeks after you give birth, you'll need to see the doctor or midwife who delivered your baby.

After spending nine months going to doctors' offices, you may be tired of all that.

But your five or six-week checkup after the baby is one thing you can't miss.

It's very important that your provider sees how you're healing after you had your baby.

Giving birth is a normal thing, but some women have problems. That's why it's important that your provider sees you and treats you soon.

It's a good time for your doctor to check how you are doing. You need to tell your provider if you are feeling sad or down after you had the baby.

It's also a good time to get out of the house and enjoy a bit. Maybe you can have a cup of coffee with a friend after the visit.

The doctor will need to check to make sure everything is back to normal.

They will also do a Pap test. He may check your breasts, your thyroid (a gland in your neck) and your blood pressure.

The doctor may ask you if you are still taking your prenatal vitamins. Talk to him or her if you have problems nursing the baby.

In this visit they will also tell you when you can have sex again. You may want to talk about birth control (birth control pills, IUD, diaphragm, etc.)

And make sure you ask all the questions you may have!