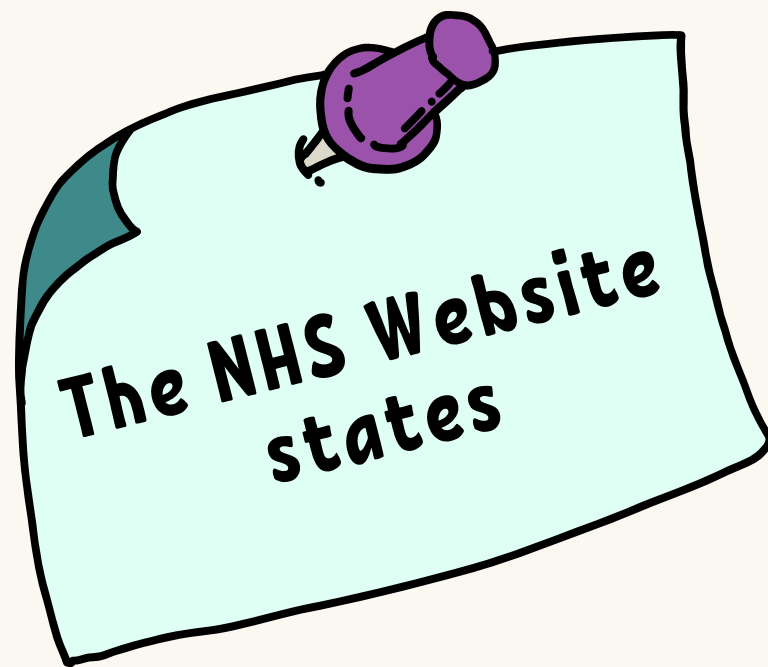


**Jan 2025**



# **Your 6-8 Week postnatal GP check**





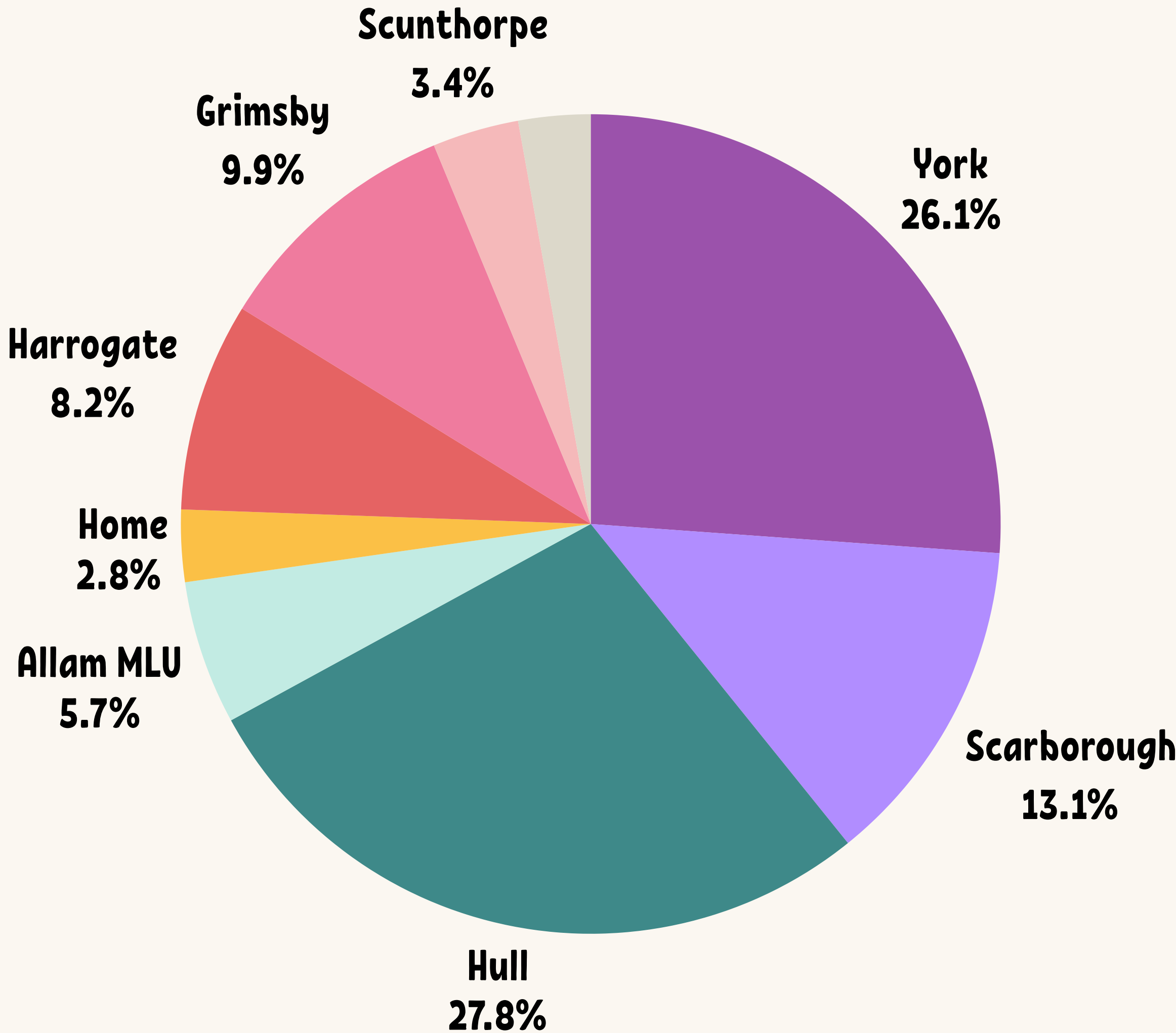
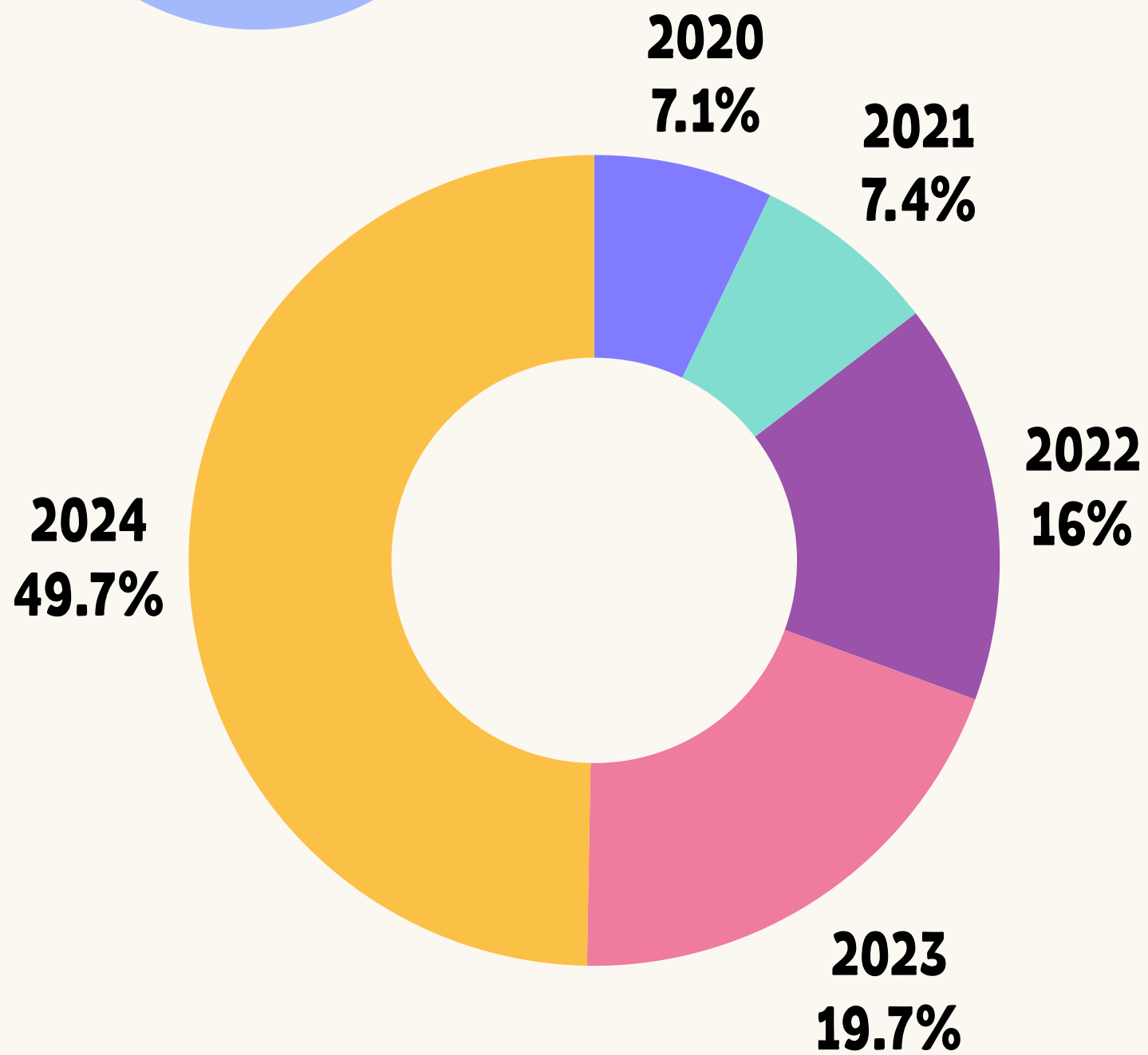
**You should have your postnatal check 6 to 8 weeks after your baby's birth to make sure you feel well and are recovering properly.**

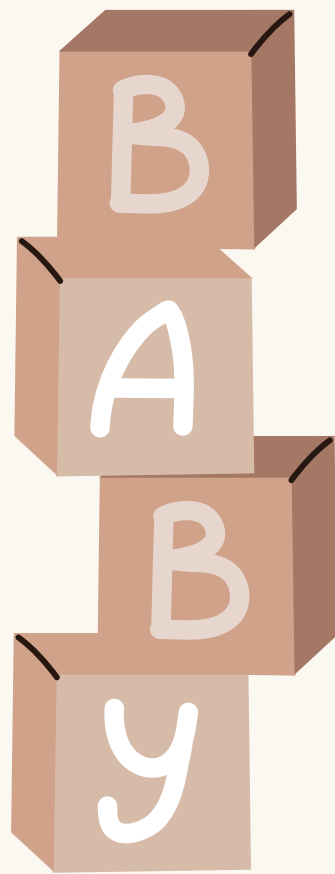
**Your GP surgery should offer and provide you with a postnatal check. You can request an appointment for a check yourself, especially if you have any concerns. It's a good idea to make a list of questions to take along with you.**

**Your baby's health should also be checked at around this time by a GP. This check is known as the baby's 6 to 8 week check.**

**Your postnatal check can be done immediately before or after your baby's 6 to 8 week check. But it can also be done at a separate time if you would like it to be.**

**Participants**  
**352**



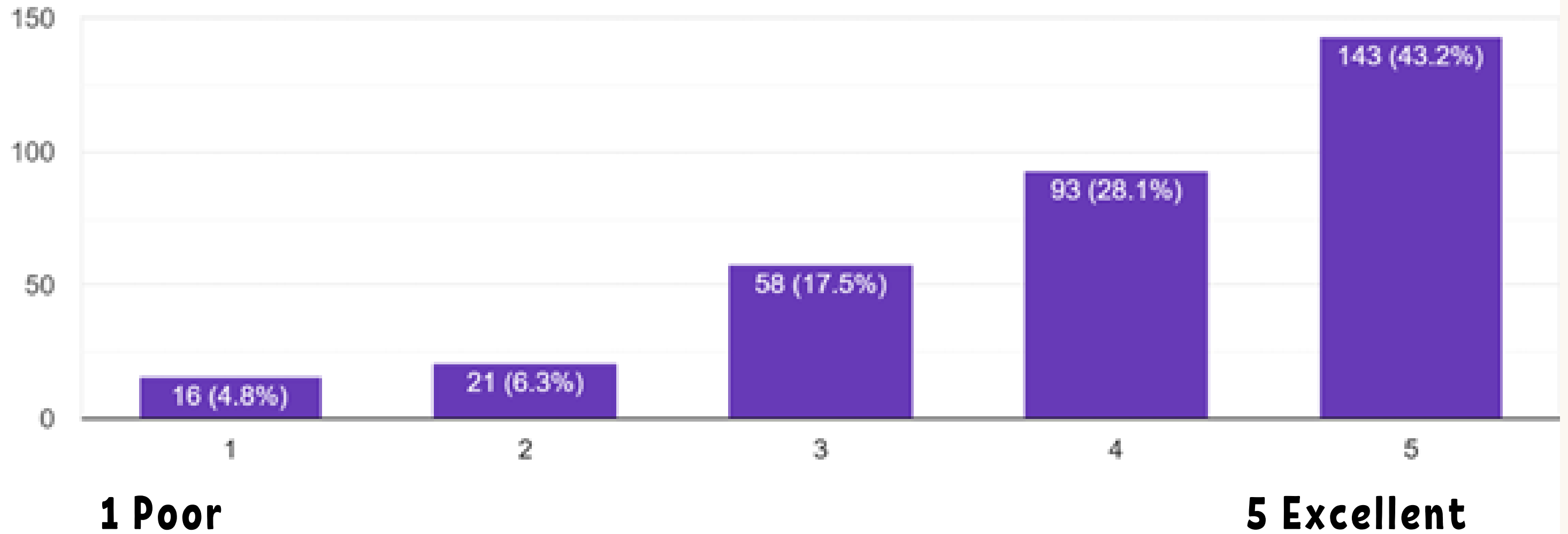


# Baby Check



12. If you had an appointment, please rate the experience of the baby check (the question below will ask about the parent check)

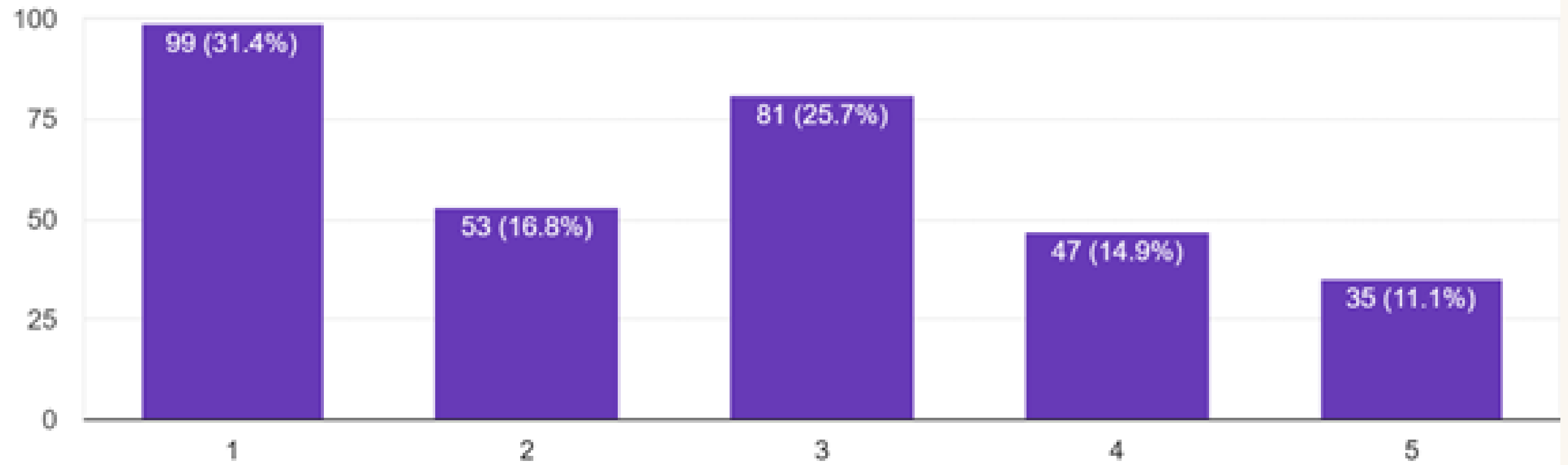
331 responses



# Mum/Birthing Person Check

13. If you had an appointment, please rate the experience of the mum/birthing person check

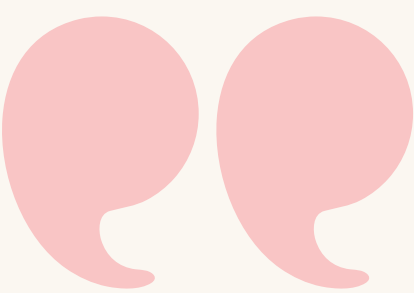
315 responses



**1 Poor**

**5 Excellent**





**Only asked if I was feeling depressed and  
what contraceptive I wanted to use. No  
physical checks.**



**Did your GP ask you about... (please tick all that apply)**

**79%**  
**251 / 317**

# **Contraception**

**Only contraception. I mentioned some incontinence and was told i had just had a baby what did i expect**

**Despite having a major PPH, retained placenta and 3rd degree tear, the only thing I was asked about during my check was if I needed contraception**

**Overall terrible experience, no care for me whatsoever other than what type of contraception i wanted, then only offered options that i specifically said i didn't want**

**They only cared about me being on contraception even Though I'd been hospitalised post birth with an infection**

**Baby check was very thorough, but despite Such a traumatic birth I wasn't asked anything about my recovery, Wasn't checked over Physically and was only asked if I needed contraception**

“

**...Honestly the experience felt pretty pointless. It was done alongside my babies check (which it wasn't at my first birth in a different area) and the content was basically just "are you doing okay, do you need contraception" "what did you expect, you had a baby" I don't really understand the point of the 6-8 week checkup honestly. I think it has the potential to be a useful time to check postnatal healing and offer support and advice, but it feels more like a very quick box ticking exercise**

”

# Baby Loss

**If you experienced a stillbirth after 24 weeks gestation, or a live birth at any gestation followed by a neonatal death, were you offered an appointment with your GP for a postnatal check?**

**I wasn't spoken to with care. My son died during labour at 41 weeks, the text I received told me to bring myself and baby to get checked**

**The receptionist insisted I made one for my baby and would not listen to me why I didn't need it until I explained my baby had died.**

**no  
80%**

**This was a very distressing process that needs to be much improved for bereaved mothers. Not all mothers will have a baby to check.**

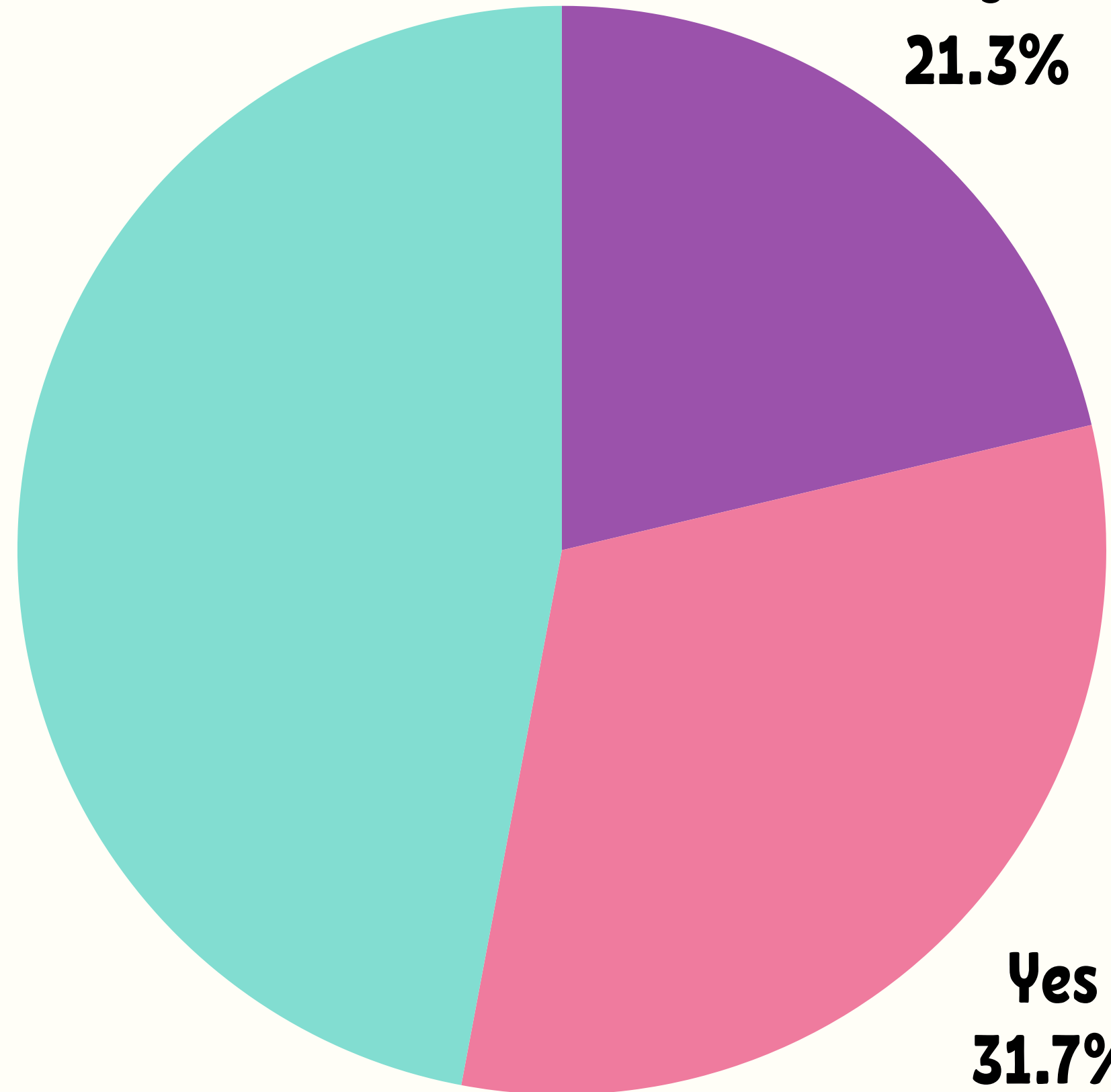
**Considering it was a still birth I think it's disgraceful that I couldn't get booked in. I got told twice that they wasn't sure how to book... Had something of been wrong that would be the chance to pick up. Not even physical but emotional considering what I'd just been through!**

**Did you feel listened to and able to discuss any concerns you had with your own health?**

**IT WAS NOT A SPACE I FELT I COULD SHARE MY FEELINGS OR EXPERIENCES OPENLY, AND FELT RUSHED.**

**I FELT I COULD HAVE ASKED QUESTIONS ABOUT THE BABY BUT IT FELT IT WAS AN APPOINTMENT FOR HER AND NOT ME AS IT WAS ALL LINKED TOGETHER.**

**No  
47%**



**Maybe  
21.3%**

**Yes  
31.7%**

I ASKED FOR HELP IN SO MANY WAYS AND DIDN'T GET IT. I ASKED MY GP FOR HELP AND WAS TOLD THEY 'DIDN'T DO' CHECKS ON MUMS. I WAS EVENTUALLY PRESCRIBED ANTIDEPRESSANTS WHEN BABY WAS 18 MONTHS AND I'VE BEEN TRYING TO FIX OUR BOND EVER SINCE.

## **382 written comments**

I FOUND THE WHOLE EXPERIENCE VERY NEGATIVE. I TRIED TO ADVOCATE FOR MYSELF AND MY BABY, HOWEVER I DON'T FEEL THAT I WAS LISTENED TOO. THE DR DIDN'T GO THROUGH HALF OF THE ISSUES THAT HE WAS SUPPOSED TO AND IT'S HARD TRYING TO PUSH FOR THINGS WHEN YOU'RE ALREADY VULNERABLE AND EXHAUSTED FROM BEING A NEW MUM. I REALLY FELT LIKE CARE WAS LACKING THIS TIME AROUND.

GP DID NOT SEEM BOTHERED

I FELT LIKE I DIDN'T MATTER/ MY HEALTH DIDN'T MATTER

FELT IT WAS VERY MUCH A TICK BOX EXERCISE AND QUITE RUSHED. HAD TO ASK THE GP TO CHECK MY C SECTION SCAR AS I WANTED IT LOOKING AT DUE TO HAVING AN INFECTION A WEEK AFTER I'D GIVEN BIRTH. NOT MUCH INTEREST IN MY PHYSICAL HEALTH BUT MY BABY'S CHECK SEEMED THOROUGH.