

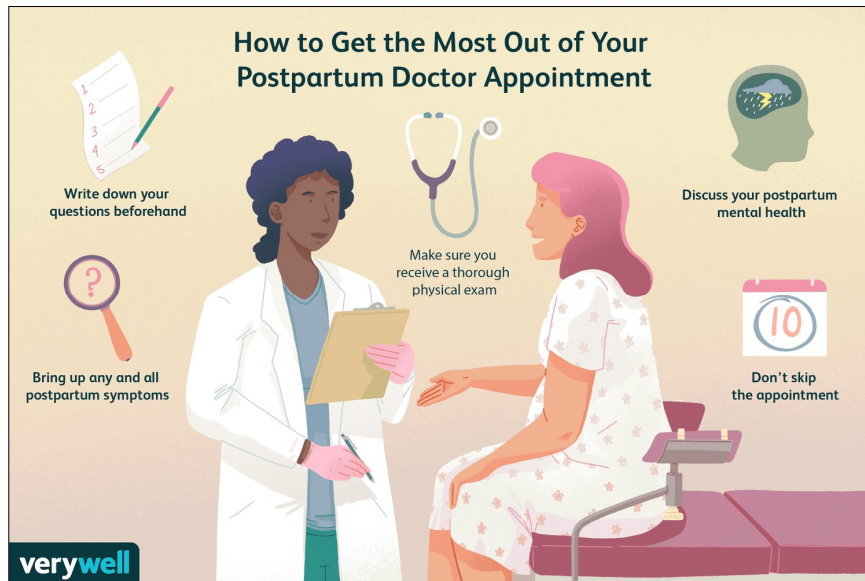
## What physical checks will be done?



Before you have a physical check, your healthcare provider will ask you a series of questions relating to how you are feeling.

- Your GP or maternity care provider will check your blood pressure and weight and may listen to your heart and chest.
- If you're breastfeeding, you may have your breasts and nipples checked.
- Your tummy will be felt to check your uterus has returned to its pre-pregnancy position in your pelvis.
- You may have a vaginal examination, and if you're due, you may have a cervical screening.
- You will also be checked for any signs of bladder or bowel prolapse.

<https://www.pregnancybirthbaby.org.au/6-week-postnatal-check>



## Mother's 6 Week Post-natal check

**Dr Afshan Shariff / Dr Phillis Jebron**

Date: \_\_\_/\_\_\_/\_\_\_

Time: \_\_\_\_\_ am/pm

Address: **49 Indi Avenue, Red Cliffs**

Phone: **03 5062 4050**

You will receive a text message reminder the day before your appointment.  
Please arrive 15 minutes prior to your appointment.

**Please call the clinic if you no longer wish to attend.**





### Dr Afshan Shariff

MBBS

Provider No: 4633295Y

Dr Afshan is originally from India and speaks fluent Hindi and Urdu. She has completed her medical education in Bangalore, South India. She has graduated from Karnataka University in 2007. She has been living in Australia since then and has 2 children. She has been working as a GP in Mildura since

2013. She is also working in Mildura Base Hospital in Obstetrics and Gynaecology. She is currently studying a Diploma in Women and Children's health.

She likes the country living and contributes to the community in many ways.



### Dr Phillis Jebron

MBBS, D.Ch., FRACGP

Provider No: 422121LW

Dr Phillis Jebron graduated from Monash University in 2009. She has been living in Mildura and working as a GP since 2014.

She speaks Malay and has a special interest in women's and children's health, preventative care and minor surgical procedures.



## What is the 6-week postnatal check?



The 6-week postpartum check is a comprehensive check to assess how your body has recovered after your pregnancy and baby's birth. By 6 weeks after birth, most women have recovered from labour and childbirth.

It is also an opportunity to review your general health and wellbeing. Your physical and emotional health are equally as important.

The 6-week postnatal check is also a chance to see if any conditions relating to your pregnancy have resolved, for example, hypertension or gestational diabetes.

## Why do I need to have a check at 6 weeks?

The postpartum check is a good opportunity to talk about your baby's birth, especially if this did not progress as you would have liked it to. Understanding why interventions took place and if they are likely to happen again, can help to heal any birth trauma and disappointment. If your labour and baby's birth were different to how you had planned, you may have also been offered an opportunity to 'debrief' shortly after their birth.

For many women, the 6-week postnatal check is the first time they've had an opportunity to talk about how they have recovered after their baby's birth and how they are adjusting to caring for a new baby. The first few months of life can be particularly challenging and the reality of caring for a baby can be very different from what you might expect.