Six week check

Disclaimer: The advice and information contained herein is provided in good faith as a public service. However, the accuracy of any statements made is not guaranteed and it is the responsibility of readers to make their own enquiries as to the accuracy, currency and appropriateness of any information or advice provided. Liability for any act or omission occurring in reliance on this document or for any loss, damage or injury occurring as a consequence of such act or omission is expressly disclaimed.

Produced by: Women and Newborn Health Service
Website: www.wnhs.health.wa.gov.au
© June 2009 WNHS 0533 Rev 3
Revised March 2013

This information is available in alternative formats upon request
After you leave hospital it is important to see your Child Health Nurse or GP (General Practitioner or family doctor). You will need to see your GP six to eight weeks after giving birth to your baby.

Remember to make an appointment for both you and your baby.

Your GP will:

1. **Check your baby**
   
   Some serious medical conditions can be picked up early at the six week check, such as:
   - Hip problems
   - Eye problems
   - Heart problems
   - Developmental problems

2. **Check you**
   
   The six week check is a good time to see that you are healing well after delivering your baby.

   Your GP will also check for signs of postnatal depression, and offer help if required.

   If you have missed any health screening during pregnancy (such as a Pap smear), the six week check is a good time to get it done.

3. **Discuss immunisations for you**
   
   Some mothers need a booster vaccination against Rubella or Chicken Pox.

   It is also recommended that all new parents and people who will be caring for newborns to get a Whooping Cough booster vaccination to help prevent them from passing Whooping Cough to the baby.

4. **Discuss your baby’s immunisations**
   
   The first immunisations are due when your baby is eight weeks old. Your baby will be immunised for:
   - Diphtheria, Tetanus and Whooping Cough
   - Hepatitis B
   - Polio
   - Haemophilus influenzae type B (Hib)
   - Pneumococcal disease
   - Rotavirus
   
   These vaccines are given in two injections and the rotavirus vaccine by mouth.

   **When your baby is older immunisations are given for:**
   - Measles, Mumps, Rubella (German Measles)
   - Meningococcal C (one form of meningitis)
   - Varicella (Chicken Pox)

   **For more information:**
   **Telephone:** Immunisation Information Line 1800 671 811
   **Website:** www.immunise.health.gov.au

5. **Discuss family planning**
   
   This is a good time to discuss what contraception you would like to use.

   Options include pills, implants and barrier methods, and the choice will depend on if you are breastfeeding, if you have any medical conditions, and on your personal preferences.

6. **Answer your questions**
   
   You can discuss any issues you are having with parenting your baby, such as sleep or feeding difficulties.

   Your GP is able to refer you to many different services to assist you, including your local child health nurse.

   Remember to take your baby’s purple ‘All About Me’ book to your doctor’s appointment.

   **If you need help finding a GP near you, contact:**
   Royal College of General Practitioners
   Tel: (08) 9489 9555
   Website: www.racgp.org.au/findapractice
   Yellow Pages - look under ‘Medical Practitioners’