

## Postnatal phone call

### RFQs

- Hi Shaneen. I'm just phoning to check that things are going okay after your recent new arrival. Is it a good time to talk? How is your baby?
- Are you breast, or bottle feeding? Are you getting plenty of support with that?
- And how are you? How was the delivery? Did they use forceps, cut you, or did you tear? Do things seem to be healing okay? Has your midwife checked you? Can I just check: are you having any accidents, or near accidents with your bowels or your waterworks? Are you able to open your bowels okay?
- How is your mood? Who is there at home, or nearby, to help you?
- Perhaps we could talk about contraception? What plans, or thoughts, do you have?

### Provide

Would you like some help from the pelvic floor clinic at this stage?

### Safety net:

If your bladder control isn't improving with you doing pelvic floor exercises regularly, please let me know, and we'll arrange for you to be seen in the pelvic floor clinic. Don't put up with it for longer than 6 months at the most.