

# Dr. Sterling's Postpartum Must Discuss Checklist

■ **Birth control.** If breastfeeding, we typically recommend a progesterone-only or non-hormonal method. I recommend doing your own research before your appointment. My favorite resource for birth control information is [Bedsider.org](https://www.bedsider.org)

■ **Rectus diastasis.** This is a separation of the rectus abdominal muscles that often occurs in pregnancy. Exercises and physical therapy can help repair this separation. If nothing is done, it can weaken your core and lead to back pain in the future.

■ **Sex.** While initially some vaginal pain with intercourse is common, this pain should resolve entirely after several weeks. Ask your doctor what the next step will be if you have pain that does not resolve. Pelvic physical therapy can treat some causes of painful intercourse.

■ **Bladder control and prolapse symptoms.** For the first few weeks after having a baby some women experience incontinence or a ball in vagina sensation. This should resolve entirely within the first 1-2 months. If not, ask your provider about a pelvic physical therapy referral.

■ **Mental health.** If you think you may be experiencing postpartum depression, anxiety, or any other mental illness call your provider right away. All women should be screened for postpartum depression and anxiety in the weeks and months following birth.

Postpartum depression and anxiety help



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