

Postnatal Referrals – When & How to Ask for Help

- Some new mums will be referred to pelvic health physiotherapy automatically after delivering their baby, as part of our health-board's 'pelvic floor pathway'
 - This might be for a number of reasons, including delivering a large baby, sustaining a 3rd or 4th degree tear, or experiencing a long pushing stage during labour
 - This isn't anything to worry about. It is just to ensure that you receive an assessment to check that you are recovering well, to address any bladder or bowel concerns and to provide guidance on strengthening your pelvic floor muscles following your baby's birth
- Sometimes concerns can arise following your discharge home from hospital – it is not too late to ask for help!
 - Look out for any bladder symptoms such as involuntary leakage or having to rush to go for a wee; or any bowel symptoms such as difficulty controlling your wind or stool (particularly if you sustained a tear during delivery)
 - Things will feel a bit different to start with and you may feel sore and heavy but if this doesn't gradually ease in the weeks following delivery or you notice a lump or bulge at the entrance to your vagina you should seek advice
 - Speak to your GP, midwife, nurse or health visitor and they should be able to refer you to physiotherapy

If you have any difficulty going for a wee, or feel as if you are not emptying your bladder completely, speak to your GP, midwife, nurse or health visitor and they will be able to refer you to the Bladder and Bowel Nursing Service



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