

Department:	Obstetrics and Gynecology (Ward)		
Document:	Departmental Policy and Procedure		
Title:	Postnatal Visit		
Applies To:	All Obstetrics and Gynecology Staff		
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1. PURPOSE:

- 1.1 To ensure that the patient is healthy and has returned to her normal activities.
- 1.2 To ensure that the infants is well and growing normally.

2. DEFINITIONS:

- 2.1 **Postnatal**- period is a critical phase in the lives of mothers and newborn. Most maternal and infant deaths occur during this time.

3. POLICY:

- 3.1 Postnatal clinic will be provided either by the primary care clinic or by the gynaecological outpatient clinics.
 - 3.1.1 Postnatal visits usually take place 4-6 weeks following delivery.
 - 3.1.2 For the normal deliveries, postnatal checks will be carried out by the GP.
 - 3.1.3 Patient following caesarean section any complication at delivery or high-risk pregnancy will be followed up in the Gyne clinic.
 - 3.1.4 Contraceptive advice will also be given at postnatal visits when requested.

4. PROCEDURE:

- 4.1 Patient shall be seen by the gynaecologist or the GP.
- 4.2 Vital signs will be carried out by a clinic nurse.
- 4.3 Vagina examination (pap smear if not done within 1 year).
- 4.4 Support breastfeeding and check the breasts to prevent mastitis.
- 4.5 Promote nutrition and manage anaemia.
- 4.6 Complete tetanus toxoid immunisation, if required.
 - 4.6.1 All mothers should be immunized with at least two doses of tetanus toxoid to protection themselves and their newborns. The third dose is given 6 months after the second and the last two doses are given after at least one year or during a subsequent pregnancy.
- 4.7 Provide counselling and a range of options for family planning.
- 4.8 Subsequent postnatal visits will be decided by the Consultant or GP depending upon medical condition of the patient.

5. MATERIAL AND EQUIPMENT:

N/A

6. RESPONSIBILITIES:

- 6.1 Physician

6.2 Nurse

7. APPENDICES:

7.1 The admission request

7.2 Obstetrics and gynaecology- history sheet

8. REFERENCES:

8.1 Guidelines for Obstetrics and Gynecology/ Ministry of Health, General Directorate of Health Centers- Riyadh, 2013

9. APPROVALS:

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