

Postnatal screening (pelvic health)

This screening tool will help you to identify if you have any pelvic health needs following the birth of your baby. Please answer the following questions to help gain a true insight into pelvic health post pregnancy and birth. It doesn't matter how long ago you had your baby, we can help you to improve your pelvic health.

Since the birth of your baby, have you experienced any of the following symptoms:

- Urinary leakage of any amount at any time, e.g. when sneezing, coughing, laughing, exercising, or not getting to the toilet on time
- Changes in your bladder function
- Bowel leakage of any amount, at any time
- Difficulty controlling your bowel movements or wind
- Difficulty emptying your bowels
- Heaviness or a lump in your vagina
- Pain / reduced sensitivity or fear of having sex
- Any gap in your tummy muscles that isn't improving and domes during exercise or daily activities

For any birth, did you have:

- A 3rd or 4th degree tear
- Forceps or Ventouse delivery
- Caesarean section: Emergency / Elective (circle)

Are you concerned about:

- Your pelvic floor function
- Your abdominal wall function
- Returning to exercise / sport

Additional questions:

- Have you had more than 2 pregnancies?
- Are you hypermobile / double-jointed?