

# Patient information from BMJ

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## Postnatal depression: questions to ask your doctor

**Maybe you have just found out that you have postnatal depression. Or maybe you have had it before and worry about getting it again. In either case, you will probably want to talk to your doctor to find out more.**

Here are some questions you might want to ask.

### **If you have just found out that you have postnatal depression:**

- What's the best treatment for me?
- How does it work?
- Are any medicines prescribed for me safe for my baby if I'm nursing?
- How long will I need to have treatment?
- What will happen if I don't have treatment?
- Will my depression affect my baby?
- Will I need to be looked after in hospital?
- Is there anything I can do to help myself?
- What should I do if I find I cannot cope or I'm worried about not looking after my baby properly? Who should I contact?

### **If you have had postnatal depression before, and you are pregnant again or thinking about getting pregnant:**

- What are my chances of getting postnatal depression again?
- Is there anything I can do to prevent it?
- Will I need any special care or monitoring?

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