

Your Care Plan - Follow-up Consultation

For: Claudia Marchesini

Date: 30/08/25

Summary of key issues discussed:

1. **Supplement review;** continue on all supplements **as previously prescribed.**

I've prescribed **Pure Natal**, **Clinical Lipids** and **Pure Magnesium** in a new script at Rener Health. You'll receive an email from Rener. You can continue on **Calm Mama** Herbal Extract as required.

2. **Hydration** - aim for 2.5 - 3L fluid daily (remember, 750-900ml goes into breastmilk daily).

Staying hydrated will keep your bowels more regular (aim for at least 1 bowel movement each day), and keep your detoxification pathways clear. Check your fibre intake too.

3. **Blood tests** - Let's look to repeat blood tests around 12 months postpartum.

These will ideally include:

Full blood count, Iron Studies, Vitamin D, Vitamin B12, Folate, CRP

Full thyroid function (TSH, T4, T3)

(Based on your last results, there's no immediate need to repeat thyroid antibodies & Reverse T3)

Please see your GP to have these requested, keeping in mind some of the following statements:

"Still breastfeeding, also feeling very tired a lot of the time - wonder if its nutritional so would like to check my iron & vitamin B12 levels..."

"Having some low moods at times, and I understand having low vitamin D can contribute to this" (and you want to check before you 'just take random supplements')

"No bloods tests done since early postpartum - want to check in where I am now"

Then, send through the request form so I can add anything to it if need be before you have your test.