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Prenatal Appointment Tip Sheet

GENERAL PRENATAL QUESTIONS:

The list below are some of the questions you might want to ask during your prenatal doctor appointments. You don't have to ask all of these questions at a single appointment; you can keep this sheet and fill it out throughout your pregnancy. It can help to take notes at appointments, bring a buddy to help remember what is said, or even ask the doctor if you can record the information on your phone. We have some general questions here, and we have left empty space for you to fill in more of your own questions or information you have learned.

1) What screenings do I need?

2) Which prenatal vitamins do you recommend?

3) Which prenatal classes do you recommend?

4) What position should I sleep in?

5) What symptoms should I expect, and how can I manage them? What's normal, and what should I call you about?

6) How much weight should I gain? What does that mean per week? Per month?



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7) What kind of diet should I follow? What should I eat and drink a lot of, and what should I limit or avoid?

8) Should I be doing any particular kind of exercise? What kind and amount is safe?

9) Are there any restrictions on sex during my pregnancy?

10) What over-the-counter medications are safe, and in what amount? Are there any I should avoid?

11) Are the prescription medications I'm currently taking safe? If not, what can I take or do instead?

12) Do I have an increased risk of any complications or conditions?

13) What should I do if I... don't feel well? Have cramping? Spotting? Run a fever?

14) When labor begins, at what point should I call you?



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15) Tell me my options for delivery. What should I think about when choosing how I want to deliver? (Tell me more about: Induction; C-section; Epidurals and other pain medication.)

16) When is a good time to call you with questions? Who should I call if you aren't available? Can I email you if I have questions?

17) If I am having trouble getting to appointments, what should I do? Can you assist with transportation? Does your facility validate parking or provide parking vouchers?

NOTES:
