



# JOURNEY

## *guides*

## Prenatal Appointment Tip Sheet

### QUESTIONS ABOUT MEDICATIONS AND DRUGS DURING PREGNANCY:

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.

#### *Prescribed medications including those for opioid dependency:*

- Do you have a list of all of my medications, including methadone or buprenorphine? If I need to sign a release for you to talk to my prescribing doctors, can you help me get the right form?

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- Which, if any, of these medications will have an effect on my baby during pregnancy or after birth? What are those effects? *(If your provider is unsure, ask how to find out. You may need to speak to a neonatologist, a maternal/fetal medicine doctor, or a different OB or Midwife. You can also ask your doctor to call MCPAP For Moms at 855-MOM-MCPAP to learn more.)*

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- What are your hospital's policies when a woman is on these medications? For example, what are the rules around breastfeeding, filing a report for child protective services, things like that? *(If your provider is unsure, ask how to find out. For example, you may need to speak to a hospital social worker, neonatologist, or lactation specialist)*

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#### *Alcohol, medications taken without a prescription, street drugs, nicotine, etc:*

- "I have been taking these substances..." *(Tell your provider everything you are using, including alcohol, nicotine, marijuana, and any over the counter supplements.)*

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- Will this affect my baby during pregnancy and after birth? What are those effects? *(If your provider is unsure, ask how to find out. You may need to speak to a neonatologist, a maternal/fetal medicine doctor, or a different OB or Midwife. You can also ask your doctor to call MCPAP For Moms at 855-MOM-MCPAP to learn more.)*

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- What resources might help me decrease or stop using these substances? (Ask for referrals for / information about: detox; treatment; recovery supports; counseling; home visits; anxiety management; sleep clinics; anti-nausea medications; quit smoking programs; etc.)

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- What are your hospital's policies when a pregnant woman has used these substances? For example, what are the rules around breastfeeding, filing a report for child protective services, things like that? *(If your provider is unsure, ask how to find out. For example, you may need to speak to a hospital social worker, neonatologist, or lactation specialist)*

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## ADDITIONAL QUESTIONS:

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