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Prenatal Appointment Tip Sheet

GENERAL PRENATAL QUESTIONS:

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?

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?



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9) Are there any restrictions on sex throughout 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?

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?



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ADDITIONAL QUESTIONS AND ANSWERS:

18) _____

19) _____

20) _____

21) _____

22) _____

23) _____

24) _____

25) _____



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QUESTIONS ABOUT MEDICATIONS AND DRUGS DURING PREGNANCY:

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?

- Which, if any, of these medications will have an effect on my baby during pregnancy or after birth? What are those effects? *(If provider is unsure, ask who would know. For example, you may need to speak to a neonatologist, maternal fetal medicine doctor, or a different Ob-Gyn/Midwife.)*

- What are your hospital's policies when a woman is on these medications? For example, what are the rules around breastfeeding, reporting to DCF, things like that? *(If provider is unsure, ask who would know. For example, you may need to speak to a hospital social worker, neonatologist, or lactation specialist)*

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, and marijuana.)

- Will this affect my baby during pregnancy and after birth? What are those effects? (If provider is unsure, ask who would know. For example, you may need to speak to a neonatologist, maternal fetal medicine doctor, or a different Ob-Gyn/Midwife.)

- What resources are there to decrease or stop using these substances? (Ask for referrals for or information about: detox; treatment; counseling; home visits; anxiety management specialists; sleep clinics; anti-nausea medications; smoking cessation programs.)



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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 and reporting to DCF? (If provider is unsure, ask who would know. For example, you may need to speak to a hospital social worker, neonatologist, or lactation specialist)
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ASK FOR MORE INFORMATION ABOUT:

- Pain control during labor and delivery
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- Adjusting the dosage of medications during pregnancy and after the delivery
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- Urine Toxicology Screenings (Drug Tests)
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- Mandated reporting to DCF
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- Assessing the baby during pregnancy and after birth
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- Breastfeeding
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- My family does / does not (circle one) know **about the above**. What will be done with the above information? How will my privacy be protected?
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