



# GETTING READY FOR YOUR FIRST PRENATAL VISIT



## WHAT TO BRING: MEDICAL HISTORY

To begin your care, in addition to a full physical examination, your provider will gather your medical history to understand your health status at pregnancy's beginning. If this is your first time seeing this OB/GYN, be prepared to provide the following information:

- ✓ Any medical or psychosocial issues
- ✓ Date of your most recent menstrual period – helps estimate due date and current development of your baby
- ✓ Any birth control methods you use
- ✓ Any history of abortions or miscarriages
- ✓ Past hospitalizations
- ✓ Medications you're taking
- ✓ Medication allergies
- ✓ Your family's medical history

## WHAT TO ASK: ABOUT MY CARE

When will my next prenatal visit be scheduled?

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When will the first ultrasound be scheduled?

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What prenatal screenings will I need and when?

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Whom can I call if I have questions?

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Will I see the same doctor for each appointment?

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If you are out of town, who will be my primary caregiver?

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## WHAT TO ASK: ABOUT MY HEALTH AND LIFESTYLE

What symptoms can I expect and how long should they last?

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What signs and symptoms mean I may be experiencing an emergency?

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Is there a specific pregnancy diet I should follow or supplements I should take?

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What activities should I avoid?

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Are any beauty treatments unsafe during pregnancy?

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What medications (over-the-counter or prescription) I can take?

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What is the best way to combat morning sickness?

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When should weight gain start?

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How many pounds should I gain during pregnancy?

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