

Prenatal Care



Make sure your OB-GYN knows:

- Any medical conditions you have, such as diabetes or high blood pressure.
- The medicines you take, including vitamins, supplements, and herbs.
- Your stresses or risks at work, like back strain or exposure to chemicals.

Ask about these common concerns during pregnancy:

- Morning sickness
- Heartburn and antacids
- Weight gain
- Varicose veins
- Spotting
- Other: _____

During your first trimester (weeks 1–13), ask about:

- A calendar of prenatal visits and the tests you will need
- What to expect at each visit
- A prescription for prenatal vitamins
- What and how much you should eat
- The best ways to exercise
- Help to stop smoking, drinking, or taking drugs, if you need it

During your second trimester (weeks 14–25), ask about:

- Tests you may need
- How your baby is developing
- When you will start to feel your baby move and hear the heartbeat
- Prenatal classes and how to sign up
- Where you will give birth and who can be there with you
- Pain control during birth

During your third trimester (weeks 26–birth), ask about:

- Signs of early labor and what to do
- Reasons to go to the emergency room
- Health care coverage for your baby
- Visiting the hospital where you will give birth