

Questions to Ask Your Provider

THROUGHOUT YOUR PREGNANCY

1 First Trimester | Weeks 4–13

PREGNANCY & BABY

- ☐ Are there any medications, supplements, foods, or activities I should avoid?
- ☐ What prenatal vitamin and/or supplements do you recommend?
- ☐ What prenatal screening or genetic testing will be offered, and when?
- ☐ What symptoms are normal, and what should prompt a call?

YOUR HEALTH

- ☐ What should I do if I experience significant nausea or vomiting?
- ☐ How much weight gain is appropriate for me?
- ☐ Who should I contact after office hours?

LOOKING AHEAD

- ☐ When should I take a childbirth or newborn class?

2 Second Trimester | Weeks 14–27

BABY'S GROWTH

- ☐ When should I expect to feel regular movement?
- ☐ Who should I call if I notice decreased fetal movement, and when should I seek care?

TESTING

- ☐ When will I have a glucose screening?

PREPARING FOR BIRTH

- ☐ What pain-relief options are available?
- ☐ Can I move around freely during labor?
- ☐ Can I eat and drink during labor?
- ☐ Can I labor in the shower or tub?
- ☐ Is intermittent or wireless fetal monitoring an option?

Tip:

Instead of asking, "Will you allow _____?"
Say, "Under what circumstances would _____ be an option?"

PROVIDER & PRACTICE

- ☐ Who will deliver my baby if you are not on call?
- ☐ Will I meet the other providers who may attend my birth?

3 Third Trimester | Weeks 28–Birth

BABY & FINAL TESTING

- ☐ Is the baby's head-down?
- ☐ When will I be tested for Group B Strep?
- ☐ Will I need any additional ultrasounds or monitoring?
- ☐ What symptoms should prompt me to call or seek care right away?

LABOR

- ☐ What is the best number to call when labor begins?
- ☐ At what point in early labor do I call the office?
- ☐ When should I go to the hospital?
- ☐ What should I do if my water breaks?
- ☐ What if my water breaks but I don't have contractions?
- ☐ What happens if labor doesn't start by my due date?
- ☐ At what point do you recommend induction?
- ☐ What methods of induction do you use?
- ☐ What happens if labor stalls?
- ☐ Under what circumstances would you recommend an assisted delivery (forceps or vacuum)?
- ☐ Under what circumstances would you recommend a C-section?

BIRTH PREFERENCES

- ☐ What positions can I use for pushing? Do I have to be on my back?
- ☐ What newborn procedures are routinely done after birth, and which can be delayed when medically appropriate?

POSTPARTUM

- ☐ What should I expect immediately after delivery?
- ☐ What should I know about postpartum bleeding and recovery?
- ☐ What support is available for breastfeeding?
- ☐ What happens if the baby needs additional monitoring or NICU care?

Final Appointment Questions

BEFORE BABY ARRIVES

- ☐ Do you recommend anything I do before labor begins?
- ☐ Do you have any concerns about my birth preferences?
- ☐ Is there anything I haven't asked that you think I should know?

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educated & informed