

Questions To Ask Your Obstetrician/Gynecologist

Questions to Ask During Prenatal Care

- **Health and Lifestyle Habits**

- What foods should I avoid?
- Is it safe to exercise during pregnancy?
- Can I continue to take my current medications?

- **Pregnancy Symptoms**

- Which symptoms are normal and which ones indicate a problem?
- What can I do to alleviate symptoms like morning sickness or back pain?
- How often should I expect to experience certain symptoms throughout my pregnancy?

- **Testing and Procedures**

- What kind of prenatal testing is available?
- When will I need ultrasounds?
- What can I expect during labor and delivery?

Questions to Ask During Postpartum Care

- **Recovery**

- What can I do to aid in my recovery after giving birth?
- What postpartum symptoms should I be aware of?
- When can I resume my regular activities?

- **Breastfeeding**

- What are the benefits of breastfeeding?
- How do I know if my baby is getting enough breast milk?
- How can I increase my milk supply?

- **Family Planning**

- When is it safe to have sex after giving birth?
- What birth control options are available?
- How soon can I become pregnant again?

Other Questions You Want To Ask

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