

Prepare For Prenatal Appointments

Tips

- Write down any questions you may have.
- Wear clothes that will allow easy access to your belly
- Keep track of your symptoms
- Typically, urine samples are collected at most prenatal appointments to check for any signs of infection or other health conditions that could affect the pregnancy. Try not to empty your bladder right before your appointment

Questions to Ask at Your Prenatal Appointments

- How is my baby growing and developing?
- Are there any concerns with my health or the baby's health?
- Are there any screenings or tests I should have done at this stage of pregnancy?
- Are there any lifestyle changes I should make for a healthy pregnancy?
- Are there any warning signs or symptoms I should be aware of?
- What should I expect during labor and delivery?
- Do you have any recommendations for childbirth education classes or resources?

Can you provide me with information on breastfeeding and postpartum recovery?

Is there anything else I should know or prepare for during this stage of pregnancy?

When should I schedule my next prenatal appointment?
