

IMPORTANT QUESTIONS TO ASK YOUR DOCTOR DURING PRENATAL VISITS



- What prenatal vitamins or supplements should I be taking, and when should I start taking them?
- How much weight gain is healthy for me during pregnancy, and what should my diet and exercise routine look like?
- What are the potential risks or complications associated with my specific pregnancy, and how will they be monitored?
- Can you explain the recommended schedule for prenatal check-ups and ultrasounds?
- What are the signs of a high-risk pregnancy, and how can they be managed or mitigated?
- Are there any specific tests or screenings I should consider during pregnancy, such as genetic testing or gestational diabetes screening?
- What are my options for pain management during labor and delivery, and what is the hospital's policy on childbirth preferences?
- What childbirth education classes or resources do you recommend for me and my partner?
- What are the warning signs of preterm labor, and what should I do if I experience them?
- What is the hospital's policy on visitors during labor and delivery, and what COVID-19 precautions should I be aware of?
- Can you discuss my birth plan and preferences, including any special requests or concerns I have?
- What are the potential complications during labor and delivery, and how are they typically managed?
- What is your approach to C-sections, and under what circumstances might one be necessary?
- How can I best prepare for postpartum recovery and care for my newborn?
- Are there any specific lifestyle changes or restrictions I should be aware of during pregnancy?

Remember that every pregnancy is unique, so these questions may vary based on individual circumstances and medical history. It's essential to maintain open communication with your healthcare provider throughout your pregnancy journey.