

# QUESTIONS TO Ask Your OBGYN at Your First Prenatal Visit

## PREGNANCY

What lifestyle changes should I make now that I'm pregnant?

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Is there a specific prenatal vitamin you recommed?

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↳ Are there ingredients that I should prioritize or avoid?

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Have you reviewed my medical, gestational, and family history?  Y  N

↳ Based on this information, is there anything specific to my situation I should be aware of during pregnancy?

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What pregnancy symptoms can I expect? How will you help me manage them?

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What resources do you recommend for physical and emotional support during pregnancy?

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How can I contact you if I have urgent concerns?

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Who (and how many people) can attend my appointments and tests?

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How long are my appointments, and will I have the opportunity to ask questions at each one?

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How often will I be seen during pregnancy?

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What will happen at each OB appointment?

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What symptoms of pregnancy complications should I look out for?

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# QUESTIONS TO Ask Your OBGYN at Your First Prenatal Visit

## PREGNANCY

What prenatal tests and screenings do you recommend or routinely perform?

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Do you support women who'd like to use a glucose drink alternative for the gestational diabetes test? Y   N

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Will I see you every visit, or will I rotate through different providers?

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Do you accept my insurance? Y   N

↳ Can you help me understand my coverage for prenatal appointments, testing, and birth?

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Will you allow my pregnancy to reach 42 weeks' gestation if we get to that point? Y   N

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## BIRTH

Will you be there when I deliver?

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Which hospital(s) do you deliver at?

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What is your philosophy or approach to birth?

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Who (and how many people) will you allow to be present at my birth?

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What are your rates of C-section and episiotomy?

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## NOTES

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