

THE PREGNANCY CARE CENTER

Logo

Prenatal Appointment Checklist

Questions to ask and what to expect at prenatal visits

Regular prenatal visits allow your healthcare provider to track your baby's growth and your health. Use this checklist to prepare for each visit.

Before your first visit

Gather your medical and obstetric history so your provider can tailor care. Be prepared to discuss: * Any medical or psychosocial problems, hospitalizations or surgeries. * Past pregnancies, miscarriages or abortions and any complications. * Current medications, supplements, allergies and vaccination history. * Family history of genetic or hereditary conditions【760898702005119†L300-L317】.

At the first prenatal appointment

Your provider will: * **Review your history.** Ask about the first day of your last menstrual period, birth-control methods, and lifestyle habits. * **Perform a physical exam.** Check weight and blood pressure, do a pelvic exam, Pap test and cervical cultures, and perform an ultrasound if needed【760898702005119†L316-L319】. * **Order lab tests.** Blood work includes hemoglobin/hematocrit, blood type and Rh factor, rubella titer, hepatitis panel, HIV and syphilis tests, and screening for genetic conditions【760898702005119†L321-L335】. A urine test looks for sugar or protein【589151041311228†L124-L144】.

Ongoing visits

During the first trimester, follow-up visits occur about once a month. At each visit your weight, blood pressure and urine are checked, and your provider listens to the fetal heartbeat【589151041311228†L124-L144】. Visits become more frequent later in pregnancy.

Questions to discuss with your provider

- **Lifestyle:** What foods should you avoid? Is exercise safe? Are there travel restrictions? 【760898702005119†L337-L348】
- **Symptoms:** When should you call about cramping, bleeding or decreased fetal movement?
- **Medications and supplements:** Which over-the-counter medicines and vitamins are safe during pregnancy?
- **Testing schedule:** What prenatal tests or screenings are recommended and when?
- **Labor and delivery:** Discuss birthing options (hospital vs. birthing center, induction, cesarean) and whether your provider or a colleague will deliver your baby 【760898702005119†L349-L368】.
- **Support:** Ask if there is a nurse advice line or after-hours contact.

Checklist for each visit

1. **Record questions** you have about symptoms, medications or lifestyle.
2. **Bring your appointment book** and update your next visit.
3. **Note fetal movements** after you start feeling them; report any decrease.
4. **Discuss test results** and any follow-up care.
5. **Review your birth plan** as you approach the third trimester.

Sources

1. American Pregnancy Association: “What to expect at your first prenatal visit” 【760898702005119†L300-L348】 【760898702005119†L349-L368】.
2. MedlinePlus: “Prenatal care – follow-up visits and tests” 【589151041311228†L124-L144】.