

HEALTH QUESTIONS

Expect to give your OB or midwife a full medical history. You will answer lots of questions about your partner's family history, so bring him if you can!

Questions you will want to ask the doctor:

How much weight is ideal for me to gain?

Am I at risk for any complications or conditions?

What are the screenings that I need? When and why should I get them?

What should I (and shouldn't I) be eating?

Is my normal workout routine okay? What should I change?

Is it safe to have sex during my pregnancy?

Is it safe to travel while I am pregnant? Until how many weeks?

Are there over-the-counter medications I can take? What should I avoid?

What about my prescription medications—are they safe? If not, what can I take or do instead?

Is there a prenatal vitamin brand you recommend?

Are there local prenatal classes you recommend?

Are there symptoms I can expect before my next visit and what can I do about them?

Will I see you every visit, or do you rotate with other doctors in your practice? What about delivery—will you definitely be there, or might it be someone else?

How do I know what is covered by insurance? Does your office have a person who specializes in insurance claims?