**Promise Early Education Center**

**Prenatal Visit Checklist**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Visit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Things the doctor may do at each visit:**

* Ask how things are going with your pregnancy.
* Order blood and/or urine tests to check on your health.
* Review briefly what to expect over the next few weeks.
* Review specifically what to expect over the time period before the next prenatal visit
* Give you an opportunity to ask questions.

**Things you may want to discuss at each visit:**

* Questions about changes in your body.
* What is happening with your unborn baby this month/week.
* Any feelings of depression or stress you might be experiencing.
* Any questions you have about nutrition and exercise.
* Ask questions about any tests the doctor may have ordered.
* Your arrangements at home for the new baby.
* Questions or concerns about breast feeding or bottle feeding your baby.
* Questions about circumcision.
* Any other concerns you have.

**Keep your prenatal appointments!**

(childbirth.org)