

# Questions to Ask At Your First Prenatal Appointment

## Questions about your prenatal health:

- What adjustments should I make to my diet and/or medications? How much weight should I gain? And more importantly, at what rate?
- What vaccinations should I get and when?
- What vitamins do I need to take?
- What exercise is okay during pregnancy?
- Do you consider my pregnancy to be high-risk at this time? If so, why and how will that impact my pregnancy?
- Based on my personal medical history and family history, am I predisposed for any specific complications or condition?
- What symptoms should I expect and how can I manage them?
- What pregnancy symptoms are normal and what's an emergency?

## Questions about your pregnancy and delivery:

- How often will I have appointments?
- What is the best method and time of day to contact you?
- What types of prenatal testing and screening do you provide?
- If I'm not feeling well between regular appointments, do I schedule an appointment with you or my primary care physician?
- What should I expect during my labor and delivery?
- Do I have the option of having a doula with me for my birth?
- Who will deliver my baby?
- Which hospital(s) are you affiliated with for delivery?
- What is your position on \_\_\_\_\_? This list may include things such as Inductions, Scheduled c-sections, Epidurals, pain management options, Episiotomies, Vacuums, Forceps, Delayed cord clamping

## My Questions

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## Your Wishes Heard & Respected

The caring and dedicated team at the Sentara RMH Family Birthplace works with you to develop a specialized birthing plan designed to provide family-centered care. Our goal is to provide a positive birth experience that exceeds expectations.

## Pre-Register for Your Birth!

You can pre-register for your birth using Sentara MyChart online on a web browser OR download the app using the QR code shown here. You can do this as early in your pregnancy as you'd like.



[Sentara.com/RMHmaternity](https://www.Sentara.com/RMHmaternity)

