

Prenatal visit checklist

Be prepared. Be informed.

What to bring



Health coverage
card and ID



List of
medications and
supplements



Questions or
symptoms to
discuss



Support person
(if allowed)



What to ask

- Are there any lifestyle changes I should make (diet, vitamins, exercise, sleep, etc.)?
- What symptoms are normal, and which ones should I call you about?
- What prenatal tests or screenings will I need, and when?
- How often will I have appointments, and what happens at each one?

Learn more. Visit [everypregnancy.com](https://www.everypregnancy.com) for helpful resources and guidance.