



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.



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