



#### Questions To Ask Your Doctor:

- Describe your communication approach with patients?
- How much weight should I expect to gain during pregnancy?
- What are safe exercises I can do during pregnancy?
- What vaccinations, if any, should I get now that I am pregnant?
- How long can I work during pregnancy?
- If things do not go as outlined in my birth plan, what can I expect?
- Which over the counter (OTC) medications are safe for me to use?
- What prescription medicines should I stop taking during pregnancy?
- What foods should I stop eating during pregnancy?
- Is there anything I should change now about my lifestyle or daily routine?
- Can my work environment harm my pregnancy?
- How often will I have appointments? Do the number of visits change with each trimester?
- Will you deliver my baby? What should I expect during labor and delivery?
- Might I will need a C-section?
- What breastfeeding support do you recommend?
- What pregnancy symptoms are normal, and which are an emergency?
- Who should I call for a medical emergency? Would this change depending on how far along I am in my pregnancy?