



African American women have risk-factors that impact their pregnancies in different ways. Knowing your risks and talking to your provider is critical to having a successful, healthy pregnancy. Please use the list of suggested questions below to guide your next prenatal visit.

- How much weight should I gain during my pregnancy?
- I want to discuss my birth plan, can we do that today?
- I am considering breastfeeding my baby, is the hospital staff supportive, even if I struggle initially?
- I heard that as an African American woman, that I am more at risk during my pregnancy. Based on my medical history, are there any risks for me?
- I understand that each woman's pregnancy is different, however, what screenings should I consider during my pregnancy?
- Which over the counter medications are safe for me during my pregnancy? Are there any prescription medicines I should stop taking during my pregnancy?
- I know that there are several doctors in your practice, can I choose to only work with one?
- Sometimes things don't go as plan during labor and delivery, can you share with me what is the hospital's policy with patients, families, and friends when that happens?
- I want to have a vaginal birth. If it gets really difficult for me, how can I, my partner, or my support person best communicate to you that I want medication assistance?

AA women and health Disparities