

PRENATAL DOCTOR VISIT CHECKLIST

For Before and During Pregnancy



Regular prenatal check-ups are vital for a healthy pregnancy. Each visit is a chance to address questions or concerns. Be sure to communicate openly for the best care.

-  **Initiate Early Care**
Begin prenatal check-ups as soon as possible and attend all scheduled appointments.
-  **Health History Evaluation**
Have your medical and previous pregnancy records reviewed by your healthcare provider.
-  **Routine Examinations**
Undergo regular health checks, including weight and blood pressure monitoring.
-  **Diagnostic Testing**
Participate in tests to monitor you and your baby's health during pregnancy.
-  **Developmental Scans**
Get ultrasound scans to track your baby's growth and developmental progress.
-  **Heartbeat Checks**
Listen to your baby's heartbeat, typically starts around 10 weeks (about 2 and a half months) of pregnancy.
-  **Diet and Lifestyle Advice**
Receive guidance on nutrition, exercise, and maintaining healthy habits.
-  **Vitamins and Medications**
Discuss prenatal vitamins and any necessary medications with your provider.
-  **Identifying Risks**
Be aware of any potential risks associated with your pregnancy as assessed by your healthcare provider.
-  **Educational Support**
Learn about pregnancy, childbirth, and postnatal care from your healthcare provider.

For more information, visit:
everymothereverychild.org



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