

1ST TRIMESTER: DOCTOR DISCUSSION GUIDE

Congratulations – you’re having a baby! You’re full of emotions, feeling joy and scared at the same time. You’re also probably full of questions and not sure where to get the right answers. Your doctor can help answer many of the questions you have. This doctor discussion guide for women in their 1st trimester of pregnancy will help you get the conversation started with your doctor.

Here we list a few important questions that you should discuss with your doctor when you’re in your first trimester. There is also space available to fill in your own questions. Simply print off this form and bring it to your next doctor’s appointment.

Ask your doctor	What did your doctor say?
How will my body change (e.g., how much weight should I gain; what about morning sickness, breast changes)?	
Are there any foods I should avoid?	
Are there any medical tests I need to have done (e.g., Pap smear, blood tests)?	
Are there medications I should avoid (over-the-counter, prescription, herbals, supplements)?	
What’s a healthy diet for pregnancy?	
Can I still continue with my normal activities (e.g., going to the gym)?	
When do I need to schedule my first ultrasound?	
How will the care be divided between my family doctor and OB/GYN (if applicable)?	
What about having sex?	
Do I need to take any vitamins or supplements?	
What are the warning signs that tell me something’s wrong and that I should see a health care provider (e.g., signs and symptoms of a miscarriage)?	
My questions:	