

## 2<sup>ND</sup> TRIMESTER: DOCTOR DISCUSSION GUIDE

You're now in your second trimester and feeling better than ever. The worst of your morning sickness should be over, and this is the trimester that you begin to show. You're probably feeling more energetic, which lets you get on with preparing for your baby's arrival. The second trimester is full of changes and new experiences. You may have new questions about what to expect in this stage of your pregnancy. Your doctor can help answer many of these questions. This doctor discussion guide will help you to 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 second 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 Braxton Hicks contractions, stretch marks)?	
Are there any foods I should avoid?	
Are there any tests I need to have done (e.g., blood sugar test, ultrasound)?	
Are there medications I should avoid (over-the-counter, prescription, herbals, supplements)?	
Do you have a list of the prenatal classes being offered in the area?	
What about having sex?	
Can I still continue with my normal activities (e.g., going to the gym)?	
What are the warning signs that tell me something's wrong and that I should see a health care provider?	
My questions:	