

# Prenatal Appointment Tip Sheet



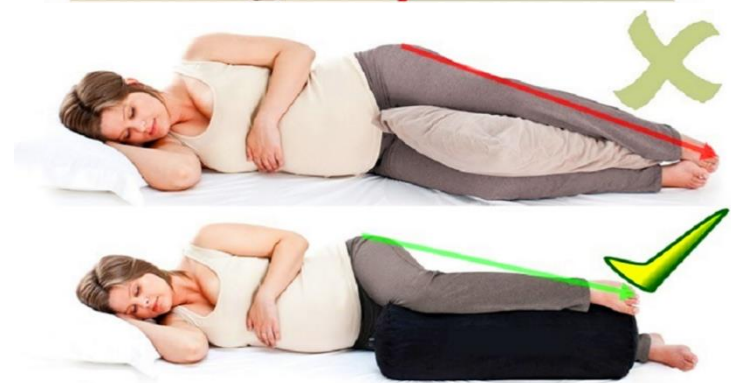
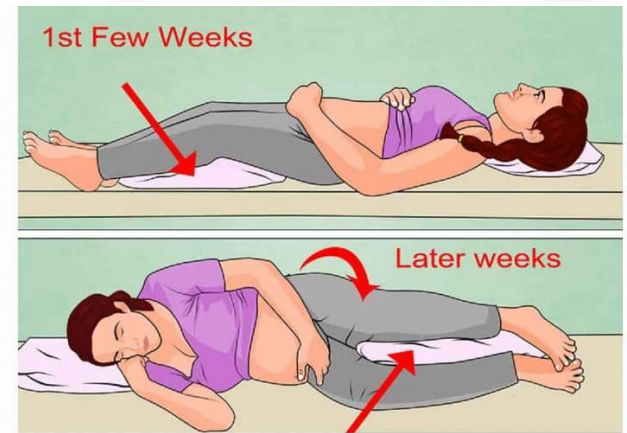


# General Prenatal Questions

**The next slides contain a list of some of the questions you might want to ask during your prenatal doctor appointments. You don't have to ask all of these questions at a single appointment. It can help to take notes at appointments, bring a someone to help remember what is said, or even ask the doctor if you can record the information on your phone. We have some general questions here, and we have left empty space for you to fill in more of your own questions or information you learn.**



- What screenings do I need?
- Which prenatal vitamins do you recommend?
- Which prenatal classes do you recommend?
- What position should I sleep in?
- What symptoms should I expect, and how can I manage them? What's normal, and what should I call you about?
- How much weight should I gain? What does that mean per week? Per month?
- What kind of diet should I follow? What should I eat and drink a lot of, and what should I limit or avoid?



- Should I be doing any particular kind of exercise? What kind and amount of exercise is safe?
- Are there any restrictions on sex during my pregnancy?
- Which over the counter medications are safe and in what amount? Are there any I should avoid?
- Are the prescription medications I'm currently taking safe? If not, what can I take or do instead?
- Do I have increased risk of any complications or conditions?
- What should I do if I don't feel well? Have cramping? Spotting? Run a fever?

### My Pregnancy Plate

**Non-starchy vegetables**  
Choose large portions of a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage.

**Protein**  
Choose 2 to 3 servings of nonfat or 1% milk or yogurt (cow, soy or almond). A serving is 8 oz. Choose yogurt with less than 15 g of sugar per serving.  
Drink mainly water, decaf tea or decaf coffee and avoid sugary beverages.

**Whole grains, legumes and starchy vegetables**  
Choose protein sources such as poultry, beans, nuts, low-mercury seafood, eggs, tofu or low-fat cheese. Limit red meat and avoid cold cuts and other processed meats.  
Choose whole grains, such as whole wheat bread or pasta, brown rice, quinoa or oats and other healthy starches like beans, lentils, sweet potatoes or acorn squash. Limit white bread, white rice and fried potatoes.

**Fruit**  
Choose small amounts of healthy oils (olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados contain healthy fats.  
Choose a variety of whole fruits. Limit juice and dried fruits. Fruit is great for snacks and dessert, too.  
Aim for at least 30 minutes of walking or another physical activity each day.

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- When labor begins, at what point should I call you?
- Tell me my options for delivery. What should I think about when choosing how I want to deliver? Tell me more about inducing labor, C-section delivery, epidural injections, and other pain relief medications.
- When is a good time to call you with questions? Who should I call if you aren't available? Can I email you if I have questions?
- If I am having trouble getting to appointments, what should I do? Can you assist with transportation? Does your facility validate parking or provide parking vouchers?

# Questions about medications and drugs during pregnancy

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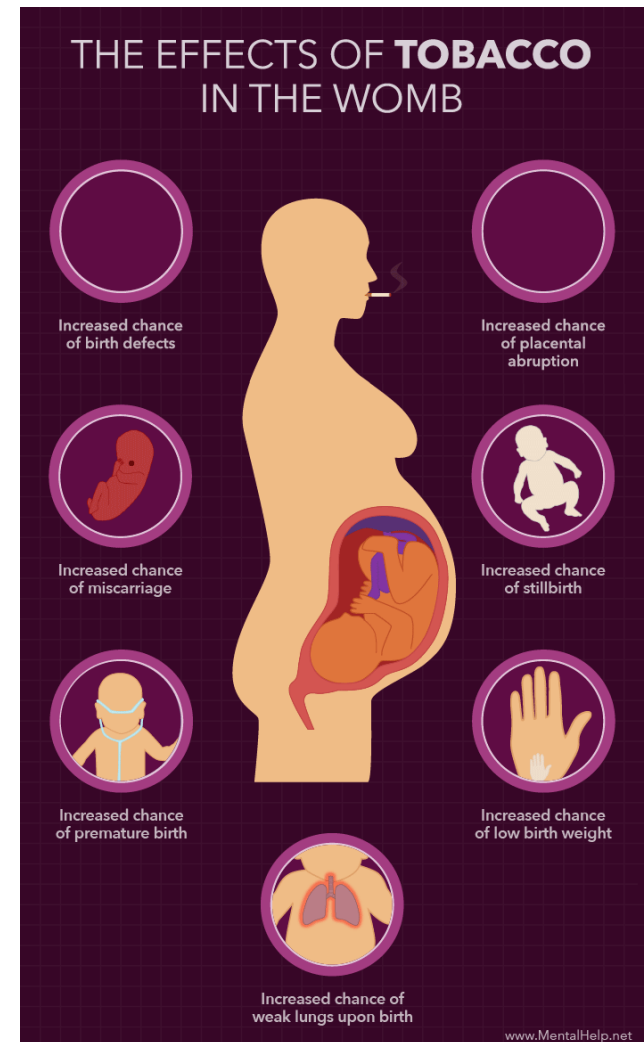
# Prescribed medications, including those for opioid dependency



- Do you have a list of all of my medications, including methadone or buprenorphine? If I need to sign a release for you to talk to my prescribing doctors, can you help me get the right form?
- Which, if any, of these medications will have an effect on my baby during pregnancy or after birth? What are those effects?
  - *If your provider is unsure about these effects, ask how to find out this information. You may need to speak to a neonatologist, a maternal-fetal medicine doctor, or a different OB or midwife. You can also ask your doctor to call MCPAP for Moms at 1-855-MOM-MCPAP to learn more.*
- What are your hospital's policies when a woman is on these medications? For example, what are the rules around breastfeeding, filing a report for child protective services, things like that?
  - *If your provider is unsure, ask how to find out. For example, you may need to speak to a hospital social worker, neonatologist, or lactation specialist.*

# Alcohol, medications taken without a prescription, street drugs, nicotine, etc.

- “I have been taking these substances.”
  - *Tell your provider everything you are using, including alcohol, nicotine, marijuana, and any over-the-counter supplements.*
- Will this affect my baby during pregnancy and after birth? What are those effects?
  - *If your provider is unsure, ask how to find out how these substances will affect your baby. You may need to speak to a neonatologist, a maternal-fetal medicine doctor, or a different OB or midwife. You can also ask your doctor to call MCPAP for Moms at 1-855-MOM-MCPAP to learn more.*
- What resources might help me decrease or stop using these substances?
  - *For example, ask for referrals to or information about detox, treatment, quit smoking programs, recovery supports, counseling, home visits, anxiety management, sleep clinics, anti-nausea medications.*
- What are your hospital’s policies when a pregnant woman has used these substances? For example, what are the rules around breastfeeding, filing a report for child protective services, things like that?
  - *If your provider is unsure, ask how to find out this information. For example, you may need to speak to a hospital social worker, neonatologist, or lactation specialist.*





Ask for more information about the following

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- **Pain control during labor and delivery**
  - **Adjusting the dosage of medications during pregnancy and after delivery**
  - **Urine drug testing or toxicology screening**
  - **Mandated reporting to child protective services**
  - **Assessing the baby during pregnancy and after birth for overall health and any symptoms of substance withdrawal**
  - **Breastfeeding**
  - **“My family does/does not know about my substance abuse. What will be done with the information I share with you? How will you protect my privacy?”**
  - **Are there releases that I need to sign so you can share and receive information about my care?**