

PRENATAL APPOINTMENT CHECKLIST

___ 1. HAVE YOUR IDENTIFICATION

___ 2. HAVE YOUR INSURANCE CARD

___ 3. COMPLETE ANY NECESSARY PAPERWORK

___ 4. READ EVERY DOCUMENT BEFORE SIGNING

___ 5. WRITE DOWN ALL YOUR QUESTIONS FOR YOUR PROVIDER

___ 6. TAKE A LOOK AT COMMON PREGNANCY TESTS

___ 7. UNDERSTAND THAT YOU CAN REFUSE TESTING

(DO YOUR RESEARCH)

___ 8. IF YOU DON'T UNDERSTAND SOMETHING, DON'T BE AFRAID

TO ASK MORE QUESTIONS

___ 9. FIND A NEW PROVIDER, IF YOU DON'T FEEL COMFORTABLE

___ 10. RELAX. MEETING WITH YOUR CARE TEAM SHOULDN'T BE

STRESSFUL