



PREGNANCY CHECKLIST

Because you're pregnant, it's important to maintain or establish good health habits — for you and your baby.

Your health care professional will help you from your first visit through delivery and beyond. Be sure to keep all of your appointments or reschedule them within a day or two. Each visit helps your health care team monitor you and baby and gives you a chance to ask important questions.

Here are some questions you can take to your next appointment with your health care professional.



YOUR HEALTH

You should feel comfortable discussing your health and the health of your baby, changes in your body, symptoms and more with your health care professional.

- Is it normal to feel really tired, hungry or moody?
- How much weight should I gain?
- Can my health affect my baby?



RISK FACTORS AND FAMILY HISTORY.

If your family has had health problems like heart disease, cancer, diabetes, or depression, tell your healthcare professional. Your age, weight, and race can also affect your risk for problems during pregnancy.

- How can I avoid complications during my pregnancy?
- What should I look for? How might they affect my baby?
- If I have a risk factor or health condition, will you still be my doctor? Will I need to go to a specialist?



WEIGHT AND BLOOD PRESSURE

Your health care team will check your weight and blood pressure at every visit. These numbers help make sure you and your baby are healthy.

Write down your blood pressure and other numbers after each visit so you can keep track of your health during pregnancy.

- Am I gaining the right amount of weight?
- Is my blood pressure in a healthy range? How is it trending over time?
- Should I check my blood pressure at home?
- What can I do to keep my numbers in a healthy range?



TESTS AND SCREENING

During your pregnancy, you'll have routine screenings. Depending on your health and history, other tests may be necessary. Tracking your results can help you be prepared with questions.

- What are the benefits and risks of having these tests?
- What will these tests show about me and my baby?
- Will you tell me the results of my urine test at each appointment?
- If the results aren't "normal," what action do I need to take?
- What are you looking for in each sonogram?



PAST PREGNANCIES

Your health during past pregnancies can help signal potential problems and allow health care professionals to intervene if needed.

- How much will my (gestational diabetes/preeclampsia/peripartum cardiomyopathy) affect my current pregnancy?
- Will I need extra tests?
- What can I do now to reduce my risk based on my history?
- Should I also be seeing a specialist? If I am currently seeing a specialist, how will you coordinate care throughout my pregnancy?



INFERTILITY TREATMENTS

Women who've had infertility treatments may face higher risk for some pregnancy and vascular complications.

- Will my treatments affect me and my baby?
- Are there signs or symptoms of which I need to be especially aware?



MEDICATIONS

Some medicines may not be safe for you or your baby during pregnancy. Your health care professional will tell you which ones are okay to take. They might also give you other medicines or vitamins, like prenatal vitamins, to help keep you healthy.

- Which medicines are safe for me to take?
- Can I take vitamins or supplements?
- Should I be take low-dose aspirin? If so, when and how long should I take it for? (Do not start a low-dose aspirin regimen without consulting with your health care professional.)



NUTRITION AND EXERCISE

Eating healthy and staying active helps you and your baby stay strong during pregnancy. Try to eat fruits, vegetables, whole grains, lean meats, and beans. Exercise can help your heart and your baby's heart stay healthy, even years later. But always talk to your health care professional before starting any new exercise.

- How much should I exercise? What types of exercise are safe?
- Are there warning signs I should watch for while I'm exercising?
- Should I eat more now that I am pregnant?
- I am a [vegetarian/pescatarian/vegan]. How can I make sure I get the right nutrients?



SMOKING AND DRINKING ALCOHOL

If you use tobacco/vaping products, e-cigarettes, and/or drink alcohol, be sure to stop.

- How do you recommend I stop using tobacco/vaping products, e-cigarettes, and/or drinking alcohol?



MANAGING STRESS AND ANXIETY

Taking care of yourself is important for you and your baby during pregnancy. Try to take deep breaths, relax, get good sleep, and stay active (even if it's just a short walk). If you feel sad, worried, or not like yourself for a long time, talk to your health care professional.

- How much sleep do I need?
- Is it normal to feel sad, worried, or stressed?
- What are healthy ways to feel better while I'm pregnant?

To learn more, visit [goredforwomen.org/pregnancy](https://www.goredforwomen.org/pregnancy) and have a conversation with your health care professional.