

PREGNANCY CHECKLIST

The following is a checklist of items to help you prepare for your pregnancy. This information will be a valuable resource as you approach your first prenatal visit with our office and throughout your pregnancy. This will help us work collaboratively towards answering any questions you may have during your visits. We look forward to seeing you soon.

Items to Complete Before Your First Appointment:

- Download and complete the Pregnancy Medical History Form
- Download the Prenatal Education Booklet
- Follow the link to Strong Reproductive Genetics to obtain brochures and make decisions on the following tests:
 - First Trimester Screening
 - Cystic Fibrosis Screening
 - Maternal Serum Alpha-Fetoprotein (MSAFP) Test
- Begin Taking an Over the Counter Prenatal Vitamin
- Please provide the names of any medications you are currently taking
- Bring with you any questions you may have at this time
- Bring your current insurance card to your first appointment and please notify us of any insurance changes during your pregnancy.

Items to Consider as Your Pregnancy Progresses:

- Follow the Link to Highland Hospital Prenatal Classes
- Choose a pediatrician. We have provided a list on our website.