

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 Health History Form
- Download and review 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
The need for supplemental vitamins during pregnancy is generally recommended. You may purchase prenatal vitamins at your local pharmacy. Make sure your vitamins contain 30-60 mg of iron and at least 800 mcg of folic acid. Vitamins may cause some stomach distress in early pregnancy. If stomach distress occurs, or if you are unable to swallow pills, you may try 2 children's chewable vitamins a day. It is also suggested to take vitamins before bed to decrease stomach distress.
- Bring any medications that you are currently taking with you
- Write down any questions you may have and bring them with you
- Bring your current insurance card to your first appointment**
- Notify us of **any** insurance changes during your pregnancy*

Items to Consider as Your Pregnancy Progresses:

- Follow the Link to Highland Hospital Prenatal Classes
- Follow the Link to Highland Hospital Maternity Center
- Choose a pediatrician