

Questions to ask at your first prenatal appointment

Your first prenatal appointment is here! With so much going on, it helps to have a list of pregnancy questions on hand to ask your healthcare provider.

- Ask about any risk of health problems or complications.
- Ask about any upcoming screenings. Go to your [checklist of prenatal questions for more info](#) ^[1].
- Ask about your pregnancy diet. What to eat and what to avoid.
- Ask about pregnancy exercises and how much and what you should do.
- Ask about sex during pregnancy.
- Ask about travelling during pregnancy.
- Ask about beauty products. There may be things to avoid.
- Ask about sun safety during pregnancy.
- Ask about medications while pregnant. Take a list of any you are already taking to review with your doctor.

- Ask about the best prenatal and postpartum multivitamin.

- Ask about prenatal classes. When do they start and where?

- Ask about healthy pregnancy weight gain. What to expect on the scale and when?

- Ask about gestational diabetes.

- Ask about safe sleeping positions.

- Ask about common pregnancy symptoms and which ones call for medical attention.

- Ask about your birthing plan and when to start it.

- Ask about delivery options.

- Ask about pelvic floor exercises.

- Ask about a Letter of Confinement – which is a letter from your doctor to your employer that confirms your due date. Find out what you'll need to do when it comes to organizing maternity leave and maternity pay ^[2] with our handy checklist.

- Ask about booking in your 12-week, or “dating”, ultrasound which happens between 11 and 14 weeks. See our checklist of questions to ask at your 12-week ultrasound to get prepared ^[3].

Source URL: <https://www.nestlebaby.ca/en/prenatal/first-prenatal-appointment-questions>

Links

[1] <https://www.nestlebaby.ca/en/prenatal/antenatal-testing-questions>

[2] <https://www.nestlebaby.ca/en/prenatal/maternity-leave-checklist>

[3] <https://www.nestlebaby.ca/en/prenatal/12-week-scan-questions>