



FIRST TRIMESTER

Navigating doctor visits in the first trimester: what to expect and what to ask

Your first prenatal appointments can feel overwhelming. This guide walks you through what to expect, what to bring, and key questions to ask your healthcare provider.

A free guide from maternity.app

Your first prenatal appointments are a mix of excitement and nerves. Knowing what to expect, and what to ask, can help you feel more prepared.

Before your appointment, gather your essentials.

- **Insurance info.** Bring your card and any pre-authorization forms.
- **Medical history.** Write down details about allergies, medications, and family health history.
- **Questions.** Jot down anything you're wondering about, no matter how small.

What happens during your first prenatal visit?

- ☐ Confirm your pregnancy with a urine or blood test.
- ☐ Discuss your medical history in detail.
- ☐ Estimate your due date based on your last menstrual period.
- ☐ Review any current medications or supplements.
- ☐ Go over initial prenatal testing options (like bloodwork and ultrasounds).
- ☐ Talk about lifestyle changes, like diet and exercise.

Questions to ask your healthcare provider.

- ☐ What prenatal vitamins should I take?
- ☐ Are there any foods or activities I should avoid?
- ☐ What symptoms should I call you about?
- ☐ When will my next appointment be?
- ☐ What resources do you recommend for first-time parents?

PRO TIP

If you're nervous about forgetting something, record your conversation (with permission) or ask for a summary handout.

You've got this. These early appointments are your first step toward meeting your baby, and you're already doing great.