

Tips for a successful appointment

- Write down all your questions before your visit.
- When you make your appointment, ask if your health care provider speaks the same language you do. If she doesn't, ask if she can refer you to a provider who does. Or she may be able to have an interpreter at your visits.
- Ask about costs and fees. Does your provider take your insurance? Is there a co-pay? Do you have to pay for services at each visit?
- When you meet your provider for the first time, tell her what you want her to call you (by your first name or last name).
- Ask if your provider will see you all throughout your pregnancy, labor and birth. Or will you see other providers, too?
- Tell your provider about any problems you have getting to your prenatal visits. For example, tell him if you can't get time off from work, if you don't have transportation or if you don't have child care.
- Tell your provider about your medical history and the baby's father's medical history. This includes problems with pregnancy or other conditions, like diabetes or heart problems.
- Tell your provider about any medicine you take, including prescription and over-the-counter drugs, herbal products or supplements.
- Tell your provider if her advice or treatment does not agree with your beliefs.



watch & learn

Watch videos on how to have a healthy pregnancy at: marchofdimes.org/videos

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