

# Your Prenatal Checklist

What's your due date? How is your pregnancy progressing?

It's time to find out these answers during a prenatal visit.

**This checklist can help you get ready.**



## Your medical history:



Date of last period

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Contraceptive use

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Prescriptions

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Allergies

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Medical conditions

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Exercise

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Nutrition habits

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## Your due date:

(Knowing your due date helps your doctor more accurately monitor your progress and baby's growth.)



Due date

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## Baseline tests:



Weight

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Blood pressure

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Heart rate

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Urine and blood lab work

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A pelvic exam and possibly a Pap smear

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## Your questions:



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