

# Preparing for your first prenatal appointment

Your initial exam is scheduled on: \_\_\_\_\_

During this appointment you can expect to:

- Meet with one of your health care providers (doctor, midwife or nurse practitioner)
- Set your Due date
- Review your medical history
- Discuss any questions or concerns you have
- Have a brief physical exam with pap smear if indicated
- Have lab work done (including a blood draw, urine sample and vaginal swab)
- Be offered a limited ultrasound if indicated (maybe abdominal or vaginal)
- Complete a mood screening questionnaire

How to prepare:

- Check with your insurance provider regarding coverage and costs (especially important if you would like genetic testing)
- Take any anti-nausea medication that you need
- Come well hydrated and having eaten
- Bring your medications, supplements and vitamins with you
- Bring any medical records or labs that you would like us to have
- If you are transferring into our care from another health clinic, we must receive your records prior to having this appointment