

# First Trimester Visit Notes



Date: \_\_\_\_\_ Time: \_\_\_\_\_

Weight: \_\_\_\_\_ Week of pregnancy: \_\_\_\_\_

Heart rate: \_\_\_\_\_ Baby's size: \_\_\_\_\_

Blood pressure: \_\_\_\_\_ Doctor seen: \_\_\_\_\_

Expected due date: \_\_\_\_\_

Ongoing symptoms: \_\_\_\_\_

## Reason for visit

## Doctor's comments

## Prescriptions and instructions

## Possible first trimester questions



- Do I have any health conditions that could impact my pregnancy? If so, how?
- What prenatal supplement do you recommend?
- Do I need an iron supplement?
- What foods should I try to eat regularly? What should I avoid?
- Do you recommend genetic testing? Why or why not?

Next appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

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- Am I a good candidate for low-dose aspirin?
- Do you have any concerns about the baby's anatomy?
- Which vaccines do I need and why?
- Will they impact my pregnancy in any way?
- Why is the glucose test needed? What is the best way to prepare for it?

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- Why is the group B strep test needed?
- How will my birthing plan be honored?
- What pain management options do I have?
- How will you let me know if my birthing plan needs to change?
- Are you aware of my postbirth plans? (e.g., breastfeeding, keeping the placenta)?

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# Doctor Visit Notes



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## Unanswered questions and concerns

## How I feel after this appointment

## Next steps