

# Questions to ask at your first midwife appointment

The time has come for that very first midwife appointment. Ooh.. exciting. You might want to ask a few questions and here are some to think about over the coming appointments.

- ☐ Ask about any risk of conditions or complications.
- ☐ Ask about any upcoming screenings.
- ☐ Ask about pregnancy diet. What to eat and what to avoid.
- ☐ Ask about pregnancy exercises and how much, is too much.
- ☐ Ask about sex during pregnancy.
- ☐ Ask about travelling during pregnancy.
- ☐ Ask about beauty products. There may be things to avoid.
- ☐ Ask about sun safety during pregnancy.
- ☐ Ask about medications while pregnant. There could be a few no-no's.
- ☐ Ask about the best antenatal vitamins.
- ☐ Ask about antenatal classes. When do they start? Where?
- ☐ Ask about pregnancy weight gain, what to expect on the scales and when.
- ☐ Ask about sleeping positions.
- ☐ Ask about common pregnancy symptoms and which ones call for medical attention.
- ☐ Ask about the birthing plan and when to start it.



- ☐ Ask about delivery options. What's on the table? Or the birthing ball, even...
- ☐ Ask about pelvic floor exercises. Easy squeezezy.
- ☐ Ask about a mat B1 form later in pregnancy, for when you go on maternity leave.

