

Your Prenatal Checklist

What's your due date? How is your pregnancy progressing? Find out these answers during your prenatal visit. **Complete this optional checklist with help from your doctor.**

Your Medical History

Date of last period _____

Prescriptions _____

Contraceptive use _____

Allergies _____

Medical conditions _____

Exercise _____

Nutrition habits _____

Baseline Tests

Weight _____

Blood pressure _____

Heart rate _____

Urine and blood lab work _____

A pelvic exam and possibly a Pap smear _____

Your Due Date

Due date _____

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

Your Questions
