

Pregnancy and Postpartum Visit Questions

Choose a few questions that fit your next appointment. Put your main concern first and leave room to record the explanation. Your care team can address the plan for your circumstances.

Before a prenatal conversation

- What does this test or result mean for my care?
- What choices do I need to consider now, and what can wait?
- How do I reach the team between visits?
- Which changes should prompt urgent contact?
- How will birth and postpartum follow-up be arranged?
- Can we arrange interpretation, transport or another access need?

After birth

- What should I understand about the instructions I was given?
- When and how will follow-up take place?
- What concerns about recovery, sleep or mood should we discuss?
- What help is available with feeding or other care needs?
- Who should I contact if something changes before the next visit?

The [ACOG postpartum care checklist](#) offers additional questions. For urgent symptoms, use [CDC maternal warning signs](#) and seek timely medical care rather than waiting to complete a worksheet.

My three priorities

1. My main concern:

2. Another question:

3. An arrangement I need clarified:

Record the explanation

What the care team explained:

Written instructions or information provided:

Next contact or follow-up:

Illustrative example

“I understand we will have a follow-up visit, but I do not know who books it. Could you explain who will contact me and how to reach you if the appointment is not arranged?” Record the actual reply and ask again if the responsibility is still unclear.

Field	Illustrative administrative entry
Main concern	I do not know who arranges the follow-up visit.
Explanation	The practice's scheduling team will contact me using the email confirmed today.
Information provided	The practice supplied its own contact details and explained how to follow up.
My next step	Keep the contact information with my discharge papers and use the practice's agreed route if the appointment is not arranged.

This invented example illustrates recording responsibility, not a recommended appointment date or medical instruction.

[Read prenatal visit guidance](#) · [Read recovery and follow-up guidance](#)

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