

20 questions for your doctor or midwife

don't be shy, ask away - or you could always just pass the list across

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| 1 | how pregnant am i? | 11 | is it normal to have breast, pelvic and abdominal pain in my early stage of pregnancy? |
| 2 | which tests will i need to have over the next forty weeks? | 12 | can depression occur from the beginning of pregnancy? |
| 3 | when can i have an ultrasound to see a picture of my new baby? | 13 | what diet do i follow during pregnancy? |
| 4 | what is a 4d ultrasound? | 14 | are there some foods i can't eat because they may harm my baby? |
| 5 | how much weight can i expect to put on during the pregnancy? | 15 | which medications are safe to take during pregnancy? |
| 6 | what vitamins and supplements am i supposed to take? | 16 | are there particular chemicals that i shouldn't be handling? |
| 7 | what complications can arise during early stages of pregnancy? | 17 | when can i find out the sex of the baby? |
| 8 | please explain the common terminology used in pregnancy? | 18 | what warning signs should I watch out for and how can I get in touch with you urgently? |
| 9 | how long will morning sickness last and what can i do to ease it? | 19 | how can i prevent stretch marks occurring? |
| 10 | is it ok to have sexual intercourse during early stages and later stages of pregnancy? | 20 | can my stress harm my baby? |