

Antenatal Visit Checklist

Keep important pregnancy information organized

Bring / know

- Estimated due date and prior pregnancy history.
- Current medicines and supplements.
- Blood group/Rh status and key antenatal blood tests.
- BP and weight records if advised.
- Ultrasound reports and vaccination records.
- Any new bleeding, pain, headache, visual symptoms, swelling, fever or reduced fetal movements.

Ask about

- Nutrition, iron/folate/calcium as appropriate.
- Vaccination schedule.
- Gestational diabetes and anaemia screening.
- Birth planning and when to go to hospital.
- Emergency danger signs and local contact numbers.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.