Health Care Provider Conversation Guide

Use This Guide to Help Start the Conversation:

- Thank you for seeing me. I am/was recently pregnant. The date of my last period/delivery was _____ and I'm having serious concerns about my health that I'd like to talk to you about.
- I have been having _____ (symptoms) that feel like _____ (describe in detail) and have been lasting _____ (numbers of hours/days).
- I know my body and this doesn't feel normal.

Sample Questions to Ask:

- What could these symptoms mean?
- Is there a test I can have to rule out a serious problem?
- At what point should I consider going to the emergency room or calling 911?



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NOTES:

TIPS:

- **Bring this conversation starter and any additional questions you want to ask to your provider.**
- **Be sure to tell them that you are pregnant or have been pregnant within a year.**
- **Tell the doctor, nurse, or midwife what medication you are currently taking or have recently taken.**
- **Take notes and ask more questions about anything you didn't understand.**

Learn more about the CDC's Hear Her Campaign at www.cdc.gov/HearHer/AIAN

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