## 3RD TRIMESTER: DOCTOR DISCUSSION GUIDE

You're in the home stretch! The third trimester is often a challenging period for many women, both physically and emotionally. Your baby is getting larger and so is your anticipation. For many women this is the time for "nesting" as you await the new arrival. The third trimester is full of changes and new experiences. You may have new questions about what to expect in your third trimester. Your doctor can help answer many of these questions. This doctor discussion guide will help you to get the conversation started with your doctor.

Here we list a few important questions that you should discuss with your doctor when you're in your third trimester. There is also space available to fill in your own questions. Simply print off this form and bring it to your next doctor's appointment.

Ask your doctor	What did your doctor say?
How will my body change (e.g., how much weight should I gain; what about Braxton Hicks contractions, stretch marks, backache, frequent urination)?	
Are there any foods I should avoid?	
Are there any medical tests I need to have done (e.g., blood sugar test, group B strep)?	
Will I have another ultrasound?	
Are there medications I should avoid (over-the-counter, prescription, herbals, supplements)?	
What about having sex?	
Can I still continue with my normal activities (e.g., going to the gym)?	
How will I know it's time? What should I do?	
What are the warning signs that tell me something's wrong and that I should see a health care provider?	
My questions:	

