



My midwife appointment checklist



Use our checklist to help you keep track of any symptoms you might be experiencing and the questions you might want to ask during your midwife appointments. It can be overwhelming to remember everything, so our handy checklist can help you feel prepared. Use it to write down the answers to your questions during your appointments and have it to refer back to.

Health and wellbeing questions to ask:

- How is my pregnancy progressing?
- Are there any concerns about my health or the baby's health?
- Notes: (List any concerns you might have about your health / any noticeable changes)

- What can I do to maintain a healthy pregnancy?
- Are there any medications I should avoid?
- Are there supplements I should take?

Notes: (List any that you are currently taking)

- Can I still have sex in pregnancy?
- When will I start feeling baby movements?
- What is 'normal' in terms of baby movements?

Appointments, tests and screenings

- How many midwife appointments will I have?
- Can my partner / birth partner attend them with me?
- What tests and screenings will I need, and when?
- What do the results of these tests mean?

Diet and exercise

- What foods should I include or avoid in my diet?
- What type of exercise is safe for me during pregnancy? Does this differ based on trimesters?

Symptoms and changes

- Are the symptoms I'm experiencing normal?
- Notes: (List any symptoms you might be experiencing, for example any aches or pains, nausea, sleep disturbance, mood changes).
- What changes should I expect in the coming weeks?

Emergency situations

- What signs and symptoms should I keep an eye out for, and who do I contact if I have any concerns?
- What symptoms need immediate medical attention?

Preparation for birth

- What are my options for birth (e.g., hospital, birthing centre, home birth)?
- Can I elect for a c-section?
- Can my partner stay with me overnight?
- Will I have a private room?
- What pain relief options are available during labour?
- What should I pack in my hospital bag? When should I have it ready by?
- Is there anything my partner / birthing partner could be doing in preparation?
- What position is my baby in, and is this a good position? (34-week check)
- Can we go through my birth plan?
- How long does labour usually last?
- Can I eat before, during and after labour?
- Will I meet the midwife that will be there during my labour?
- What if I go past my due date?
- If I don't want to have an induction of labour, what are the next steps?

- What checks does the baby have once it arrives?
- How long do I stay in after giving birth?
- Vaginal birth / c-section – are the recoveries different?
- If I have an elective or emergency c-section, what's the process? Can my partner / birth partner attend?
- Can you tell me more about postpartum haemorrhages, and how common they are? If I have one after childbirth, what will my midwife / medical team do?
- When do I receive my baby's 'red book' (personal child health record – PCHR)? Is this at the hospital? Or later on? What is it used for?
- If I'm struggling with breastfeeding after birth, can I ask a midwife for help? Does this support continue when I go home?
- Are there any questions my partner / birth partner should ask my midwife / medical team during and after labour, if I'm unable to?
- Do I get to keep my maternity notes after birth?

Planning for after birth

- What should I know about breastfeeding / formula feeding, and infant care?
- What support is available for postnatal and postpartum care?
(Postnatal - immediately following birth. Postpartum - entire period of adjustment and recovery following childbirth lasting weeks, months or even years).
- Will I be visited by a midwife / health visitor at home after birth?
- How is my baby's health monitored after birth? How regularly, and by who?
- When do I sign my baby up with my GP?
- Will I be contacted by my GP about my 6-week postnatal check, or do I need to book this in?
- When and where do I register my baby's birth? Is there a deadline for this?

Support and resources

- Are there any classes or resources you recommend for pregnancy and parenting?
- Are the support groups for partners, too?
- How can I access mental health support if needed?

Appointments and contacts

- How often will I have appointments, and what will they involve?
- Who should I contact if I have questions or concerns outside of appointments?
- Would it be helpful for me to bring a urine sample to every appointment? If so, could I have a urine container?

Top tip

Don't forget to add important numbers to your phone, including your GP, local hospital, your midwife/midwifery team, your partner's work number, as well as two trusted neighbours or friends who live nearby should you need to call them to care for your child/children or need a lift to the hospital.

Space for notes: