

# Prenatal Care Appointment Preparation Checklist

Dear [Patient's Name],

As you prepare for your upcoming prenatal care appointment, please use the following checklist to ensure you have everything ready:

- Bring your prenatal vitamins.
- Prepare a list of any questions or concerns you may have.
- Record any symptoms or changes you have noticed since your last visit.
- Bring your medical insurance information.
- Prepare your list of medications and any allergies.
- Wear comfortable clothing for examinations.
- Bring a support person if desired.

If you have any additional questions before your appointment, feel free to reach out to our office.

We look forward to seeing you soon!

Best regards,  
[Your Name]  
[Your Title]  
[Clinic Name]