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Questions to Ask Your Maternal-Fetal Medicine Specialist

Bring this page to your appointment. Circle the questions that matter most and write the answers in the margins. It is always fine to ask a doctor to slow down or explain again.

Understanding what is happening

- [ ] What is the name of my condition? Can you write it down for me?
- [ ] How certain is the diagnosis, and what else could it be?
- [ ] How does this affect me, and how does it affect my baby?
- [ ] What is still unknown, and when might we know more?

The plan

- [ ] What are all of our options, including watching and waiting?
- [ ] What are the benefits and risks of each option for me and for my baby?
- [ ] What would make you change the plan?
- [ ] How often will I be seen, and what will you check each time?
- [ ] Will I need to stay in the hospital? For how long?

Warning signs

- [ ] Which symptoms mean I should call you today?
- [ ] Which symptoms mean I should go to the emergency room or call 911?
- [ ] What number do I call at night and on weekends?

Delivery and the NICU

- [ ] Where should I deliver, and does that hospital have the right level of NICU?
- [ ] Can I meet with a neonatologist before delivery?
- [ ] Can we tour the NICU?

Support

- [ ] Is there a social worker, counselor, or chaplain I can talk with?
- [ ] Can you screen me for depression and anxiety?
- [ ] Where can I read the research or guidelines behind this recommendation?

My own questions

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