

risk factors:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

allergies:

\_\_\_\_\_

name \_\_\_\_\_ spouse \_\_\_\_\_

phone \_\_\_\_\_ EDD \_\_\_\_ / \_\_\_\_ / \_\_\_\_

G \_\_\_\_ P \_\_\_\_ DOB \_\_\_\_\_ blood type \_\_\_\_\_

base weight \_\_\_\_\_ height \_\_\_\_\_ BP \_\_\_\_ / \_\_\_\_

first trimester checklist:

- childbirth options
- resources
- prenatal care
- nutrition, hydration
- supplements, vitamins
- weight
- rest, exercise
- discomforts
- fetal development
- HIV, STD risks
- blood draw
- danger signs
- avoiding hazards
- how and when to contact



today's date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ weeks: \_\_\_\_ w \_\_\_\_ d last visit on: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

last menstrual period: \_\_\_\_\_ fetal movement: \_\_\_\_\_

complaints/concerns?: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

discussion: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

handouts given: \_\_\_\_\_

UA/lab notes: \_\_\_\_\_

pelvic exam notes: \_\_\_\_\_

US notes: \_\_\_\_\_

BP/vitals notes: \_\_\_\_\_ weight: \_\_\_\_\_

abdominal exam notes: \_\_\_\_\_

FHT notes: \_\_\_\_\_



address \_\_\_\_\_ insurance \_\_\_\_\_

financial agreement \_\_\_\_\_ HB informed consent \_\_\_\_\_ next visit on \_\_\_\_ / \_\_\_\_ @ \_\_\_\_ m