

15 QUESTIONS ABOUT PREGNANCY

Discuss these questions with your provider to experience a healthier pregnancy.

1. How often will I need to **see a doctor or midwife**?
2. What are **hemorrhoids** and will I get them?
3. Should I **exercise during pregnancy**?
4. Is bleeding **normal during pregnancy**?
5. Is weight loss **normal**?
6. Can I dye my hair or use a **relaxer (perm) during pregnancy**?
7. Do I need to take **prenatal vitamins**?
8. Can I have **sex during pregnancy**?
9. Is it normal for **my breasts to change**?
10. Are UTIs **normal during pregnancy**?
11. How do I know if I **am having contractions**?
12. What are **kick counts** and why are they important?
13. How do I deal with **constipation during pregnancy**?
14. Does **high-blood pressure** before pregnancy **impact my pregnancy and delivery**?
15. Will my pre-pregnancy weight **impact my pregnancy and delivery**?