



Questions To Ask at Your 20-Week Prenatal Appointment

Your 20-week prenatal appointment is a crucial milestone in your pregnancy journey. In the U.S. this appointment often includes an anatomy scan. Here are some questions you may consider asking during this appointment:

Fetal Development:

Can you show me the different parts of my baby on the ultrasound?

Is my baby developing normally? Are there any concerns?

What is my baby's current size and weight?

Health and Nutrition:

Are there any changes I should make to my diet or lifestyle?

Are there any specific prenatal vitamins or supplements I should be taking?

Physical Symptoms:

Are the symptoms I'm experiencing normal at this stage of pregnancy? DO you have any prenatal referrals to help with my pregnancy symptoms (Webster Chiropractor, Prenatal Massage Therapist, Pregnancy Licensed Mental Health Therapist, etc.)

Should I be concerned about any specific symptoms or discomforts I'm feeling?

Labor and Delivery:

Are there any signs that indicate I might go into preterm labor?

What are some signs that I should watch for that might indicate a problem?

Can we discuss my birth plan or preferences for labor and delivery?

Screening Tests:

Can you explain the results of any prenatal screening tests I've had?

Are there any additional tests or screenings I should consider at this point in my pregnancy?

Preparation:

Are there any childbirth classes or resources you recommend for me and my partner to help honor my birth preferences?

When should I start thinking about packing my hospital bag?

Are there any specific exercises or activities I should be doing to prepare for labor and delivery?

Postpartum Planning:

What should I expect in terms of recovery after giving birth?

Are there any resources or support groups available for new parents in my area?

Can we discuss breastfeeding support or resources? Can you share referrals for Lactation Counselors and support groups?

Any Other Concerns:

Is there anything else I should know or be aware of at this stage of my pregnancy?

Do you have any recommendations for managing stress or anxiety during pregnancy?