



QUESTIONS TO ASK AT YOUR Twin OB Appointments



♥ EARLY PREGNANCY (FIRST TRIMESTER) ♥

♥ BE PREPARED. GET ANSWERS. ADVOCATE FOR YOU & YOUR BABIES. ♥



APPOINTMENT DATE:



WEEKS PREGNANT:



APPOINTMENT NOTES:

♥ USE THIS SPACE TO WRITE DOWN YOUR DOCTOR'S ANSWERS, NOTES, AND IMPORTANT INFORMATION. ♥

1



Are my twins identical or fraternal?

2



Do my twins share a placenta?

3



What type of twin pregnancy do I have?

4



How often will I need ultrasounds?

5



What symptoms should prompt me to call the office?

6



What weight gain range do you recommend for me?

7



Should I take any additional vitamins or supplements?

?

OTHER QUESTIONS I HAVE:

TWIN MOM CLUB TIP



Write down questions as they come to mind so you don't forget anything important!

You're doing amazing, Mama. ♥

PAGE 1 OF 3

QUESTIONS TO ASK AT YOUR Twin OB Appointments

SECOND TRIMESTER

BE PREPARED. GET ANSWERS. ADVOCATE FOR YOU & YOUR BABIES.



APPOINTMENT DATE:



WEEKS PREGNANT:



APPOINTMENT NOTES:

USE THIS SPACE TO WRITE DOWN YOUR DOCTOR'S ANSWERS, NOTES, AND IMPORTANT INFORMATION.

1



How are the babies growing compared to each other?

2



Is there any concern about growth differences?

3



What signs of preterm labor should I watch for?

4



What level of activity is safe for me?

5



When should I begin preparing for delivery?

6



Should I meet with a pediatrician now?

7



Are there any complications you're monitoring?

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OTHER QUESTIONS I HAVE:

TWIN MOM CLUB TIP



Write down questions as they come to mind so you don't forget anything important!



APPOINTMENT DATE:



WEEKS PREGNANT:



APPOINTMENT NOTES:

USE THIS SPACE TO WRITE DOWN YOUR DOCTOR'S ANSWERS, NOTES, AND IMPORTANT INFORMATION.

1



What are the babies' positions right now?

2



Am I a candidate for vaginal delivery?

3



Under what circumstances would you recommend a C-section?

4



What week do you recommend delivery?

5



When should I go to Labor & Delivery?

6



What happens if one twin changes position during labor?

7



What can I expect during recovery?

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OTHER QUESTIONS I HAVE:

TWIN MOM CLUB TIP



Write down questions as they come to mind so you don't forget anything important!