



# HOW TO PREPARE FOR YOUR OB/GYN APPOINTMENT

## 5

## Things to Consider Before Going to Your OB/GYN

CEREBRAL  
PALS  
Y FOUNDATION  
*in conjunction with  
Weinberg Family CP  
Center*

1



### Insurance

Call ahead and make sure the provider is in your network and check to see if you need a referral.

2



### Transportation

If you're arriving by car, inquire which parking decks have ramps and ask for directions beforehand.

3



### Accessibility

Ask about the accessibility of the exam room and table to see if they have modified equipment available.

4



### Records

Bring your relevant medical records from previous OB/GYN appointments and a list of the medications you take (feel free to take pictures of your prescriptions).

5



### Time

If required, ask if a longer appointment time can be accommodated for your visit or if extra staffing is available to assist.

**DONATE**