How to Prepare for Your OB/GYN Appointment

Things to Consider Before Going to Your OB/GYN

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.

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