

# Take Part in Your Health Care



- It is important that you take part in your own health care.
- This book will help you have a healthy pregnancy.
- This book will help you to have a healthy baby.
- Here are some tips that may help:
  - Talk with your doctor to learn all you can about your health condition. Your doctor may have written materials that will help you understand.
  - If you choose to get more information online, make sure that you use a good source.
  - Your pregnancy program website is a good place to start.
  - Some advice may not be right for you.
  - Always check with your doctor before you follow any advice from any website.
  - Make sure you understand what you are told to do and that you do it.
  - Ask questions.
  - Ask a family member or friend to come with you when you visit the doctor.
- Learn all you can about all tests or treatments.
- If you know what is normal, you will be able to have a better idea about it if you have a problem.
- If you have a test, ask the doctor what was found and what this means.
- No one knows more about you than you.
- Be aware of how you feel.
- Little changes in how you feel can be the first sign that something is not right.
- Tell your doctor about any changes you notice in your health.
- Learn all you can about the medicine you take:
  - How does it help you?
  - When should you take it?
  - Are there any side effects?
  - Does it have an effect on any other medicine you are taking?
  - Are there any problems if you stop taking it?

- Keep a list of all of your medicines (including things like vitamins and pain medicine), how much you take, and the times that you take them.
- Share this list with your doctor.
- Change the list if your doctor changes your medicines.
- Call your doctor if you have concerns about your care or safety.