FREE PRINTABLE · APPOINTMENT TRACKER

Appointment and question tracker for high-risk pregnancies

Questions, answers and next steps, all in one place

One place for every question, answer and next step, so nothing gets lost between appointments.

Before each visit, write your questions. During it, write what you heard. Before you leave, write the next steps and who does each one. Bring this to every appointment, and print more appointment pages when you need them.

MY CARE TEAM

Who to call

Who	Name	Phone	After hours
OB			
Maternal-fetal medicine (MFM)			
Hospital triage or labor and delivery			
Other specialist			
Pediatrician			
Pharmacy			
Doula			

ASK YOUR TEAM, AND WRITE IT HERE

Before your due date

When should I call you?

How do I reach you after hours?

Should I call first, or go straight to the hospital?[1]

My hospital

My due date

APPOINTMENT 1

Date _____ **Who I saw** _____

☐ OB ☐ MFM ☐ Ultrasound ☐ NST or BPP ☐ Lab work ☐ Specialist ☐ Other _____

My questions *(check when asked)*		**What I heard**
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	

Next steps, and who does each one

Next appointment

Bring next time

APPOINTMENT 2

Date _____ **Who I saw** _____

☐ OB ☐ MFM ☐ Ultrasound ☐ NST or BPP ☐ Lab work ☐ Specialist ☐ Other _____

My questions *(check when asked)*		**What I heard**
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	

Next steps, and who does each one

Next appointment

Bring next time

APPOINTMENT 3

Date _____ **Who I saw** _____

☐ OB ☐ MFM ☐ Ultrasound ☐ NST or BPP ☐ Lab work ☐ Specialist ☐ Other _____

My questions *(check when asked)*		**What I heard**
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	

Next steps, and who does each one

Next appointment

Bring next time

APPOINTMENT 4

Date _____ **Who I saw** _____

☐ OB ☐ MFM ☐ Ultrasound ☐ NST or BPP ☐ Lab work ☐ Specialist ☐ Other _____

My questions *(check when asked)*		**What I heard**
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	

Next steps, and who does each one

Next appointment

Bring next time

APPOINTMENT 5

Date _____ **Who I saw** _____

☐ OB ☐ MFM ☐ Ultrasound ☐ NST or BPP ☐ Lab work ☐ Specialist ☐ Other _____

My questions *(check when asked)*		**What I heard**
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	

Next steps, and who does each one

Next appointment

Bring next time

APPOINTMENT 6

Date _____ **Who I saw** _____

☐ OB ☐ MFM ☐ Ultrasound ☐ NST or BPP ☐ Lab work ☐ Specialist ☐ Other _____

My questions *(check when asked)*		**What I heard**
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	

Next steps, and who does each one

Next appointment

Bring next time

BETWEEN VISITS

Questions as they come up

Date	Question	Asked

TESTS AND RESULTS

What was checked, and what you heard

Date	Test	What it checks	When I'll hear	What they told me



Your OB or MFM team knows your situation best. Bring this tracker to them.

SOURCES, CHECKED NOVEMBER 2026

1 ACOG, "How to Tell When Labor Begins". www.acog.org/womens-health/faqs/how-to-tell-when-labor-begins

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