

•• How? When? What?

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1. How is my **due date** determined?
2. What are **prenatal vitamins** and why do I need them?
3. How can I tell if the symptoms I'm having are normal?
4. When should I call a doctor?
5. What is the normal amount of **weight** to gain during **pregnancy**?
6. What remedies do you recommend to ease **morning sickness**?
7. What do you recommend for **exercise** and **specific foods** I should eat?
8. Are there any activities, medicines, or foods I should avoid during pregnancy?
9. Is it safe to have **sex** during my entire pregnancy?
10. Am I at high risk for any problems during pregnancy?