

DR. BAYO'S 3 C'S:

ESSENTIAL QUESTIONS EVERY PREGNANT PERSON SHOULD ASK THEIR DOCTOR

Feel more in control. Speak up with clarity. Get the care you deserve.

Doctor visits during pregnancy can be overwhelming. With short appointments, confusing medical jargon, a constantly changing body, numerous unknowns while growing a baby, and heightened emotions, it's easy to leave feeling like you didn't get the answers you needed. That's why I created The 3 C's for Better Doctor Visits—a simple framework to help you take charge of your health and ensure that you are truly heard.

BE CLEAR:

Share details that give your provider the full picture.

Don't minimize your experience. Be specific, not vague.

- "Is this cramping normal, or should I be concerned?"
- "I've had swelling in my legs every evening for a week—is that typical?"
- "Here's what I've been feeling after meals—is that related to the baby or something else?"
- "I brought my Health Playbook—can we review some of the past test results together?"

BE CONCISE:

Time is limited, lead with your most urgent concerns.

- "Here's the top thing I'm worried about today—can we start there?"
- "Can you quickly walk me through what today's tests are checking for?"
- "I'm taking prenatal vitamins, iron, and an herbal supplement. Is that safe?"
- "What are the top three warning signs I should watch for between now and my next visit?"
- "What do I need to know about preeclampsia, gestational diabetes, or preterm labor based on my risk factors?"

BE CONFIDENT:

Trust yourself. Your voice and instincts matter. Speak up—always.

- "I know my body, and this pain is not normal for me. Can we dig deeper?"
- "Can you help me understand why you're recommending this test or medication?"
- "I'm nervous about delivery. What are my options, and what's your approach to C-sections, pain relief, and labor induction?"
- "How can I advocate for myself if I feel dismissed or unheard in the hospital?"
- "What resources are available to support my mental health during and after pregnancy?"



Bonus Tip: Don't leave without asking "What should I be keeping track of between now and my next visit?"

Tracking your symptoms, questions, and even your feelings in your Health Playbook can empower you and improve your care.