Always Ask - Questions, queries and concerns list

Use this sheet to write down any questions you have for your healthcare team. You could store it inside your maternity notes. Rating the questions by importance allows you to know which to ask first. Make sure you write down the answers so you can read back on them afterwards. Think too about whether the answer has fully reassured you – if not, do you perhaps need to ask the question again, or to someone else?

1. Don't play it down - take your concerns seriously and others will too
2. Be specific - say what has changed, even if you don't think it's related to your pregnancy
3. Begin by saying, 'I am concerned...'
4. Ask the healthcare professionals for their name
5. Make a list of all your concerns
6. Write down what you're told
7. It's ok to say you are feeling vulnerable and frightened
8. Before you leave that appointment – consider whether you have asked all your questions and are satisfied with the answers
9. If you can't make yourself heard or you don't agree or you feel uncomfortable, say 'Let me think about that and get back to you'
10. If you are not happy with the response ask for a second opinion

Question	Priority	Advice given	Satisfied with the answer?

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