

Questions to Ask *Your* OB/GYN

13–17 years

- HOW TO PICK AN OBGYN
- FIRST OBGYN VISIT
- PERIOD BASICS

The teen years are when your body starts changing and sometimes in confusing ways. That can feel awkward or even scary, and that's totally normal. Learning a little bit about how your body works can help you feel more comfortable and confident. These questions are here to remind you that it's okay to be curious and to ask questions, especially with a trusted adult or your physician or health-care provider.

Questions:

- ☐ What does an OB/GYN do, & how is that different from my pediatrician?
- ☐ What actually happens at a first OB/GYN visit? How do I know when it's a good time to have my first OB/GYN appointment?
- ☐ How can my period change as I grow, and what's normal vs. not normal?
- ☐ What are some simple things I can do now to take care of my health?

18–29 years

- SEXUAL HEALTH
- CONTRACEPTIVES
- EARLY HEALTH HABITS

Early adulthood is often the first time people are fully in charge of their own health decisions. That can feel empowering... and sometimes confusing. Learning the basics about sexual health, birth control, and routine checkups can make it easier to take care of yourself now and set up healthy habits for the future. These questions are meant to help you feel more comfortable speaking up and asking for what you need.

Questions:

- ☐ What regular checkups or screenings should I be getting at my age?
- ☐ What birth control options are out there, and what are short-term or long-term side effects that I should know?
- ☐ If I have a sexual health concern or question, how do I bring it up without feeling awkward?
- ☐ Is it normal for my period to change with stress, lifestyle changes, or getting older? What isn't normal?

25–40 years

- FERTILITY
- PREGNANCY
- POSTPARTUM

40+ years

- (PERI)MENOPAUSE
- MENOPAUSE
- POST MENOPAUSE

This content is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions about your health.

Around our 30's many people start thinking about fertility, pregnancy, recovery after birth, or choosing not to have children. Learning the basics can help you feel more confident talking with a healthcare provider. Everyone's situation is different, and there's no one "right" path.

Questions:

- ☐ What usually happens at a visit about fertility or pregnancy planning?
- ☐ How does my age affect my fertility?
- ☐ What questions should I ask about recovery after pregnancy or birth?
- ☐ How important is pelvic floor physical therapy?
- ☐ What should I ask if I'm thinking about having kids someday, but I'm not sure when (or if) it will happen?
- ☐ What options do I have if I want to be child-free?

As we move into our 40s and beyond, our bodies naturally start to change. Hormone shifts can affect things like periods, sleep, mood, and energy, sometimes in subtle ways, sometimes more noticeably. Learning what's normal can make it easier to feel prepared and confident when talking with a healthcare provider. These questions are meant to help start open, judgment-free conversations about health and well-being during this stage of life.

Questions:

- ☐ What's the difference between perimenopause and menopause, and how will I know which one I'm in?
- ☐ What kinds of changes to my period are common at this stage?
- ☐ What health screenings or checkups should I be thinking about now?
- ☐ How do everyday things like food, movement, stress, and sleep affect how I feel during this time?
- ☐ How do I know if I need hormone therapy and which option is best for me?
- ☐ How can I start thinking ahead about my long-term health and wellness?