

**Women's Options Center**

**Appointment Checklist:**

- Current, non-expired Government issued ID (driver's license, state ID, passport)
- Insurance Card
- Medical Records
  - If you have already seen a doctor for this pregnancy, please ask them to send us any of the following information by fax at 844-811-9548:
    - Ultrasound from this pregnancy
    - Blood tests from this pregnancy
    - Records from any specialists who take care of you for any medical conditions
  - If you have not yet seen a doctor for this pregnancy, you will receive instructions about getting lab tests done when you schedule your appointment.
- Completed registration forms
  - If you have a printer, you can print and complete the forms found on our **Forms** page and bring them to your appointment.
- Clothing:
  - Regular, non-thong underwear (for a pad after your visit)
  - Two-piece clothing- you will undress only from the waist down for your exam
  - Sweater or jacket – our offices can get chilly
- Other:
  - iPod or other music device to listen to music during procedures.