

# What to Expect at a Reproductive Health Visit

Seeing any health professional can feel intimidating, but it can be helpful to know what to expect at your appointment. The following advice and expectations are based on common experiences; however, every appointment will be different based on the provider and your own needs and concerns.

## BEFORE YOUR APPOINTMENT

- › Take notes on symptoms leading up to the appointment
- › Bring a list of questions
- › If you would be comfortable, bring a trusted adult to help advocate for you



## DURING YOUR APPOINTMENT

- › A nurse or medical assistant will take your vitals and ask for a basic health history
- › A medical professional will ask why you made the appointment - this is a good time to mention any concerns or symptoms
- › The provider may ask to conduct an exam and should explain why an exam is recommended
- › Ask any questions that may come up. If you forget to ask a question, you can always call or send a message later



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