



# Fetal Diagnosis Worksheet

This worksheet is for pregnant individuals who have recently received a fetal diagnosis. Please read the Blog entry *Receiving a Fetal Diagnosis* on my Resources page for details about how to use this worksheet: [www.KateChristmanLCSW.com/resources](http://www.KateChristmanLCSW.com/resources). This information is provided solely for general informational and educational purposes. It is not intended to replace or constitute personalized clinical information, advice or treatment.

## Appointment Details

Appointment Date:

Weeks Gestation:

Appointment location:

Who I met with & their contact information:

Diagnosis & description:

## Diagnosis Details

Specific parts of the diagnosis I feel confident that I understand:

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Specific parts of the diagnosis I feel confused about:

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My questions about the diagnosis and who from my medical team I can ask: *(indicate if unsure of who to ask)*

Question	Who to Ask

## Diagnosis Questions

How was the diagnosis confirmed? For example, what tests did I have?

Will I need more tests?

When:

Am I waiting on any test results?

Date I will receive:

Did the doctor talk about prognosis and treatment options?

- 1.
- 2.
- 3.

Who do I need to inform of my decisions (*for example, my OB, the specialist I received the diagnosis from, or another provider*)?

## Next Steps

Am I waiting on additional information, when should I expect to receive it, and from whom?

Info

When

From Whom

What resources or educational information did my medical provider give me or recommend that I look up?

- 1.
- 2.
- 3.

Is there specific information that I was not provided that I would like to know?

When is my next appointment with this specialist or others?

Specialist	Appointment Date

How will my other medical providers get the information from today's appointment?

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What other questions do I have?

Question	Who to Ask

Three coping strategies I can engage in when I'm feeling upset, anxious, or overwhelmed:

- 1.
- 2.
- 3.