



Checklist: Your Preconception Checkup

PRE PREGNANCY

ARTICLE

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2 MINS

Come prepared to your preconception checkup. Review this checklist before you go so you can make the most of the time with your doctor.

DISCUSSION TOPICS

YOUR CURRENT HEALTH

Do you have high blood pressure, heart disease, asthma, lupus or epilepsy?

Do you have diabetes in your family?

PRESCRIPTION DRUGS

Are you taking any medications, for example, antibiotics, blood thinners, antiseizure drugs, acne preventives or blood pressure reducers?

Are you taking any other drugs, for example, aspirin, antihistamines, antidepressants and diet drugs?

BIRTH DEFECT RISKS

Is your child at risk for seizures, mental disabilities or birth defects, such as cystic fibrosis, muscular dystrophy, haemophilia, sickle cell anaemia or Tay-Sachs disease?

VITAMINS

Your doctor may give you a prescription for prenatal vitamins, particularly folic acid. If taken within four weeks of conception, this supplement can help prevent spina bifida, a birth defect in which the spinal column doesn't properly close.

WEIGHT GAIN GUIDELINES

Being underweight or overweight may increase the risk of pregnancy-related problems. Consult the expertise of a dietitian if you need help with your weight management.

VACCINE UPDATE

Your doctor will protect you and your baby by giving you any vaccinations needed. These may include chickenpox, mumps, tetanus, rubella, diphtheria, hepatitis B and whooping cough. For some vaccines, it is important to wait a period of time before falling pregnant. Check with your doctor for specific advice after any vaccination.

NUTRITION AND EXERCISE GUIDELINES

Find out what foods and exercise are best for you and your baby before and after conception.

TESTS

Your doctor may order blood tests to verify that you have been vaccinated against different diseases.

You may undergo tests for sexually transmitted infections which can affect fertility.

Your urine may be tested to check for diabetes.