

# PRECONCEPTION CHECKLIST

**SEE YOUR GP**

Where possible see your GP prior to falling pregnant to discuss optimising you & your partner's health

**FOLATE/ IODINE SUPPLEMENTS**

Start folic acid & iodine supplementations at least one month prior to falling pregnant. If you are not using contraception then start prenatal vitamins even if you are not actively trying to get pregnant. Discuss with your doctor whether other supplements such as higher dose folate, iron, calcium or vitamin D are recommended for your situation. Ensure you are taking a pregnancy specific multivitamin if choosing to take a multivitamin.

**STOP SMOKING**

Smoking is all round bad but it can also affect fertility with female & male smokers more likely to take longer to conceive. It is best for your baby to quit smoking before you are pregnant. Quitline: 13 78 48

**CUT OUT ALCOHOL**

Alcohol can reduce both men's & women's fertility & even moderate drinking can reduce the chances of pregnancy. The risk of harm to the baby is likely to be low if a woman has had only small amounts of alcohol before she knew she was pregnant or during pregnancy. High levels of alcohol consumption are known to be harmful. The NHMRC recommends that no alcohol is the safest option for women who are pregnant or who are planning pregnancy.

**REDUCE CAFFEINE**

High levels of caffeine consumption are linked to taking longer to fall pregnant. Recommended caffeine intake during pregnancy is 200mg or less per day which is roughly equivalent to 1 cup of strong espresso style coffee, 3 cups of instant coffee or cups of medium strength tea.

**STOP ANY RECREATIONAL DRUG USE**

Marijuana can lower men's sperm count & long term use of cocaine, heroin & ecstasy can lead to permanent reproductive problems for both men & women.

**REVIEW PRESCRIPTION MEDICATIONS WITH YOUR GP**

Some medications are not to continue during pregnancy so discuss any medications with your GP.

**BLOOD TESTS**

Your doctor can arrange for standard preconception blood tests as well as preconception genetic screening for certain disorders. Private fees apply for any genetic testing

**PAP SMEAR**

Arrange for your pap smear if not up to date

**SEE YOUR DENTIST**

During pregnancy, a woman's oral health can affect her health and the health of the baby. A dental check up is recommended prior to pregnancy

**HEALTHY DIET & REGULAR EXERCISE**

Being healthy & active will increase your chances of falling pregnant & having a healthy pregnancy. Discuss with your GP about health lifestyle.

**CONSIDER PRIVATE OR PUBLIC ANTENATAL CARE**

Antenatal care can be private or public & it is important to investigate which suits you. Private care allows you to pick your obstetrician & have appointments in their rooms & deliver at a private hospital but requires higher insurance coverage & often has additional out of pocket fees. You will need to check that you have pregnancy coverage PRIOR to falling pregnant. Public care requires no insurance & has limited, if any, out of pocket fees. There are several models of public care including midwifery lead care at the hospital or midwifery group practice and GP-shared care. Discuss with your doctor what is available in your area.

*For further information & document with clickable links, see [www.hollythegeepee.com](http://www.hollythegeepee.com)*