

Preconception care increases your chance of having a healthy baby, but only 14% of women get preconception care.
50% of pregnancies are unplanned - assess your preconception health today!

Review intention for pregnancy, reproductive life plan and breastfeeding

- Would you like to become pregnant in the next year?
- What is your family or reproductive life plan?
- Are you currently breastfeeding/planning on breastfeeding?
- Offer contraception counseling (18 methods, LAM, NFP and Plan B)
- Make reproductive life plan; optimal birth spacing >18 to <59 months
- Breastfeeding education/**encouragement to nurse for 2 years**

Encourage healthy weight, assess physical exercise regimen

- Are you currently exercising?
- What is my current BMI?
- What habits/programs can assist with weight loss?
- Recommend regular physical activity - strength training and cardio
- Assess BMI annually; advise weight loss/gain as indicated
- Recommend weight loss programs as indicated

Assess nutrition and daily supplements

- Are you taking a daily folate supplement (400 micrograms)?
- Are you taking a daily multivitamin?
- Does your diet include Vitamin A, calcium, iron, fatty acids and iodine?
- Offer education on preventing neural tube defects
- Offer education of eating fish during pregnancy
- Offer education specific to vegan/vegetarian diets

Review medications/immunizations

- Has your vaccine record been reviewed in the past year?
- When was you last TD/Tdap vaccine?
- Assess prescription & over the counter medications
- Assess vaccine history for: DTaP, HPV, Hepatitis B, MMR, influenza, varicella
- Review vaccine recommendations in pregnancy (influenza, Tdap)
- Assess/educate teratogenic medications

Assess for chronic diseases

- Is there a history of: asthma, bariatric surgery, heart disease, diabetes, hypertension, lupus, thrombophilia, thyroid disease, phenylketonuria, renal disease, rheumatoid arthritis, seizure disease?
- Offer additional counseling based on medical history
- Assess oral health/recommend an annual visit to the dentist
- Provide anticipatory education for pregnancy management specific to diseases

Assess family history/genetic disorders

- What is your 3-generation family history?
- Are there any known genetic disorders or congenital malformations?
- Is there any history of mental retardation?
- What are the woman/partner's ethnicities?
- Refer to genetic counselor as appropriate.
- Offer carrier screening if desired and patient has not been tested before.

Assess social health

- Do you currently use tobacco, alcohol or drug use?
- Is there a history of abuse? (verbal, physical, sexual) Do you feel safe?
- Are there environmental risks? Occupational risks?
- Assess financial resources, disability and access to healthcare.
- Smoking quit line: 1-800-784-8669/no amt of alcohol safe in pregnancy
- Screen for history/current abuse/review resources
- Review mercury, lead, soil/water/well, household, occupation risks
- Screen entire household for financial risks and access to care

Assess mental health

- Do you have a history of depression or anxiety?
- Do you have a history postpartum depression/anxiety?
- Do you have a history of bipolar disease or schizophrenia?
- Offer depression or anxiety screening (EPDS/GAD)
- Review management in pregnancy
- Review mental health and community resources

Assess prior obstetric history

- Do you have a history of C/S or VBAC?
- Do you have a history of preterm birth or stillbirth?
- Do you have a uterine anomaly or uterine fibroids?
- Do you have a history of miscarriage or ectopic pregnancy?
- Review birth spacing and management during pregnancy
- Offer referral to specialist as appropriate
- Review risks to pregnancy as appropriate
- Review management for subsequent pregnancies

Assess sexually transmitted disease (STD) history

- What testing is recommended in preconception care?
- Is there a history of herpes simplex virus in woman/partner?
- Are you at risk for STDs?
- Before pregnancy, test for: **gonorrhea/chlamydia, syphilis, HIV**
- Educate on HSV transmission, asymptomatic nature, risks to fetus
- Educate on STD prevention, offer condoms if available

Assess alternative therapies

- Do you use a chiropractor or an acupuncturist?
- Do you currently participate in physical therapy?
- Do you have a history of physical therapy use? What for?
- Assess for any dietary, nutritional or herbal supplement use
- Educate on continued therapy during pregnancy (back pain, etc.)
- Review history for physical therapy need

PRECONCEPTION VISIT

Preconception care
is recommended
for everyone.

MY PRECONCEPTION TO DO LIST

DAILY

take a daily multivitamin
take a daily folate supplement
limit daily caffeine to <300mg/day
eat a diet rich in fatty acids
stop smoking

WEEKLY

get restful, adequate sleep
aim for stress reduction
aim for work-life balance
150min/week cardio/strength training

YEARLY

assess BMI - aim for a healthy weight
visit dentist
review vaccine record

OTHER

accomplish genetic screening (cystic fibrosis, spinal muscular atrophy, hemoglobinopathies...)
visit specialist/genetic counselor
obtain copy of medical record
obtain copy of vaccine record/accomplish outstanding vaccines
make a counseling appointment
join a support group
seek help in unsafe situations
contact local health department about water/soil exposure or to test well water
contact occupational health for occupation or household exposure concerns
take travel precautions for Zika affected areas (<https://www.cdc.gov/zika/index.html>)

MY RECOMMENDED RESOURCES

Advice about Eating Fish (Centers for Disease Control and Prevention)

<https://www.fda.gov/media/102331/download>

Being Overweight During Pregnancy (March of Dimes, video/education)

<https://www.marchofdimes.org/pregnancy/being-overweight-during-pregnancy.aspx#:~:text=in%20the%20womb,-Talk%20to%20your%20provider%20about%20how%20much%20weight%20to%20gain,are%20having%20multiples%20like%20twins.>

Brushing for Two: How your Oral Health Affects Baby (Healthy Children, American Academy of Pediatricians)

<https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Brushing-for-Two-How-Your-Oral-Health-Effects-Baby.aspx>

Dental Care in Pregnancy (American College of Nurse-Midwives [ACNM])

https://www.midwife.org/acnm/files/ccLibraryFiles/Filename/00000003904/Dental_Care_Pregnancy.pdf

Dental Health in Pregnancy (March of Dimes)

<https://www.marchofdimes.org/pregnancy/dental-health-during-pregnancy.aspx>

Folic Acid (March of Dimes)

<https://www.marchofdimes.org/pregnancy/folic-acid.aspx>

Is it Safe to go to the Dentist during Pregnancy? (American Dental Association)

<https://www.mouthhealthy.org/en/pregnancy/concerns>

National Domestic Violence Hotline: 1-800-799-SAFE (7233) or 1-800-787-3224, or live chat at [thehotline.org](https://www.thehotline.org)

Oral Health Care during Pregnancy and Through the Lifespan (American College of Obstetricians & Gynecologists)

<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2013/08/oral-health-care-during-pregnancy-and-through-the-lifespan>

Planning for Pregnancy: Women with Asthma (Wisconsin Association for Perinatal Care)

https://cdn.ymaws.com/perinatalweb.org/resource/resmgr/resources_by_topic/pre_and_interconception/planningasthmaenglish.pdf

Planning for Pregnancy: Women with Depression (Wisconsin Association for Perinatal Care)

https://cdn.ymaws.com/perinatalweb.org/resource/resmgr/resources_by_topic/pre_and_interconception/planningdepressionenglish.pdf

Planning for Pregnancy: Women with Diabetes (Wisconsin Association for Perinatal Care)

https://cdn.ymaws.com/perinatalweb.org/resource/resmgr/resources_by_topic/pre_and_interconception/planningdiabetesenglish.pdf

Planning for Pregnancy: Women with Epilepsy (Wisconsin Association for Perinatal Care)

https://cdn.ymaws.com/perinatalweb.org/resource/resmgr/resources_by_topic/pre_and_interconception/planningepilepsyenglish.pdf

Planning for Pregnancy: Women with Hypertension (Wisconsin Association for Perinatal Care)

https://cdn.ymaws.com/perinatalweb.org/resource/resmgr/resources_by_topic/pre_and_interconception/planninghypertensionenglish.pdf

Planning for Pregnancy: Women with Obesity (Wisconsin Association for Perinatal Care)

https://cdn.ymaws.com/perinatalweb.org/resource/resmgr/resources_by_topic/pre_and_interconception/planninghypertensionenglish.pdf

Planning for Pregnancy: Women with Hepatitis C (Wisconsin Association for Perinatal Care)

https://cdn.ymaws.com/perinatalweb.org/resource/resmgr/resources_by_topic/pre_and_interconception/planninghepcenglish.pdf

Substance Abuse and Mental Health National Helpline: 1-800-662-HELP (4357) or 1-800-487-4889

Women of Size and Pregnancy (ACNM)

<https://onlinelibrary.wiley.com/doi/epdf/10.1111/jmwh.12867>

WHEN TO SEEK CARE

Women should seek care prior to becoming pregnant to help optimize the health of the baby and to provide education to the mother about a healthy pregnancy. If a woman does not seek care prior to becoming pregnancy, she should seek care as soon as she thinks she is pregnant. This helps to ensure a pregnancy is correctly dated and allows for early education and counseling about any maternal medical conditions.

If you have been trying to get pregnant after appropriately timed intercourse for more than 12 months, you can also call your provider to schedule a visit. 85% of couples will achieve a pregnancy within 12 months of unprotected intercourse. Women who are 36 years or older should be evaluated after 6 months of attempting pregnancy.

WHERE TO SEEK CARE

My maternity care provider is: _____.

My provider's office number is: _____.

I don't have a maternity care provider. Call 1-800-311-BABY (1-800-311-2229) to find pregnancy care near you.

I don't have health insurance. Go to [medicaid.gov](https://www.medicaid.gov) to learn how to apply for coverage during pregnancy.

Antepartum care is a comprehensive program of medical care and support that starts with pregnancy and continues through the postpartum period.

THE VISIT RECAP

My laboratory testing (circle patient's results)

Blood type	O A B AB
Rhesus type (Rh)	positive/negative
Antibody screen	negative/positive for _____
Complete blood count	Hbg ___ Hct ___ Plt ___
Hepatitis B (HbsAg)	negative/positive
HIV	negative/positive
Syphilis	non-reactive/reactive
Rubella	immune/non-immune
Varicella	immune/non-immune
Urinalysis	negative/positive
Urine culture	no growth/positive growth_
Pap smear	normal/abnormal
Chlamydia	negative/positive
Gonorrhea	negative/positive
Early glucose screening	normal/abnormal

My due date

My due date by my period is: _____

My due date by my ultrasound is: _____

MY FINAL DUE DATE IS: _____

THE EDUCATION

Review of visit: laboratory results, pertinent history, physical exam and ultrasound

- Review purpose of labs completed and all results (normal and abnormal)
- Review follow up plan of care for any abnormal results
- Review pap smear, STD screening or vaginosis screenings completed
- Offer education on cervical screening for a woman's lifetime
- Review plan(s) of care for pertinent history (history of gestational diabetes or hypothyroidism)
- Review vital signs, weight, BMI, depression or anxiety screening scores and any abnormal findings on physical exam and appropriate plans of care
- Review all findings on ultrasound and set final estimated due date

Review genetic screening options

- Review carrier screening and aneuploidy screening options available - review referrals as indicated

General housekeeping

- Review prenatal visit schedule and how interval visits are scheduled as indicated; *visit frequency should be individualized* (AAP & ACOG, 2017).
- Review options for telehealth as available.

General housekeeping (continued)

- Review health care team's scope of care (physician, nurse practitioners, midwives, physician assistants) and labor and delivery coverage (AAP & ACOG, 2017).
- Review hospital and clinic layouts. Advise woman where to complete outstanding labs or radiology appointments.
- Review insurance plan and expected costs (AAP & ACOG, 2017).
- Review important phone numbers to clinic and labor and delivery, and expected wait time for calls made to the clinic staff.
- Review methods to contact the clinic via pertinent telehealth platforms.
- Encourage group prenatal care as available (**benefits include: reduced rates of PTD, increased breastfeeding initiation and better preparation for childbirth**). (AAP & ACOG, 2017)
- Review pregnancy warning signs and where to present for care if needed 24/7.

Other pregnancy education

- Provide education on working during pregnancy and postpartum periods (AAP & ACOG, 2017).
- Review recommendations for routine vaccines during pregnancy (AAP & ACOG, 2017). Offer additional guidance if hepatitis A, hepatitis B or pneumococcal are recommended (AAP & ACOG, 2017).
- Review avoidance of tobacco, alcohol and drugs during pregnancy (AAP & ACOG, 2017).
- Review nutrition goals for pregnancy: eat a well balanced diet daily, including fish
- Review recommended for daily prenatal vitamin with 27mg of iron
- Assess for Vitamin D deficiency (vegetarians, limited sun exposure, colder climates, living in northern latitudes, ethnic minorities, darker skin)
- Assess for excessive vitamin or mineral intake (more than twice the recommended allowances (AAP & ACOG, 2017).
- Review weight gain recommendations (AAP & ACOG, 2017).
- Review exercise recommendations and warnings signs (AAP & ACOG, 2017).
- Review dental care recommendations (AAP & ACOG, 2017).
- Review common first trimester discomforts and interventions as needed (AAP & ACOG, 2017).
- Review teratogens (lead, medications, x-rays) in pregnancy and resources
- Review air travel in pregnancy (AAP & ACOG, 2017).
- Review seat belt use and proper form throughout pregnancy trimesters.
- Review mental health resources (both national and within community).
- Review safe sex practices.
- Educate on benefits and recommendations for breastfeeding. Provide education if currently breastfeeding/tandem nursing desired.

THE INITIAL VISIT

Women that receive prenatal care early and often have healthier babies.

WHAT DO I NEED TO DO AFTER MY VISIT?

LABORATORY TESTS	complete these labs (today/ASAP/before) next visit: _____
ULTRASOUNDS	dating scan nuchal translucency anatomy scan growth scan
MEDICATIONS	pick up RX at pharmacy obtain medication OTC
GET VACCINE(S)	flu vaccine TDaP vaccine Other recommended vaccines: _____
REQUEST MEDICAL RECORDS	call medical records department at prior place of care/go to medical records for assistance
REFERRALS/CONSULTATIONS	genetic counselor/maternal fetal medicine (MFM)/physical therapy/chiropractor/mental health/social worker/nutritionist/lactation consultant
OTHER	_____
SCHEDULE YOUR NEXT APPOINTMENT IN:	1 2 3 4 6 DAYS/WEEKS/MONTHS

MY PREGNANCY GOALS

DAILY	WEEKLY	MONTHLY	OTHER
take a daily multivitamin	get restful, adequate sleep	aim for healthy weight gain	visit dentist
take a daily folate supplement	aim for stress reduction	go to prenatal appointments	review/obtain vaccine record
limit daily caffeine to <300mg/day	aim for work-life balance	connect with other pregnant women for support	obtain recommended vaccines
eat a diet rich in fatty acids	150min/week cardio/strength training	monitor your mental health	make a budget for baby
exercise	read pregnancy education		check out library books on pregnancy
stop smoking			

ADDITIONAL PREGNANCY EDUCATION

A Healthy Pregnancy (in English and Spanish) https://www.healthinfotranslations.org/pdf/Docs/AHealthyPregnancy_SP.pdf

Advice about Eating Fish (FDA) <https://www.fda.gov/food/consumers/advice-about-eating-fish>

Air Travel during Pregnancy (ACOG) <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/08/air-travel-during-pregnancy>

Alcohol and Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12286>

Are you and your baby safe? <https://resources.beststart.org/wp-content/uploads/2018/12/H05-F-1.pdf>

Back Pain during Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12597>

Birth Options after Having a Cesarean (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12354>

Breastfeeding during Pregnancy and Tandem Nursing <https://www.llli.org/breastfeeding-info/breastfeeding-pregnancy-tandem-nursing/>

Call your Maternity Unit... (Mama Academy) <https://www.mamaacademy.org.uk/wp-content/uploads/2015/02/A3-Poster-SIGNS-TO-LOOK-OUT-FOR-1.pdf>

Cervical Cancer Screening (ACOG) <https://www.acog.org/womens-health/faqs/cervical-cancer-screening>

Changes to Your Baby and Your Body in Pregnancy (in English and Spanish) - https://www.healthinfotranslations.org/pdf/Docs/ChangesDuringPregnancy_Sp.pdf

Concerns and Discomforts in Pregnancy (in English and Spanish) - https://www.healthinfotranslations.org/pdf/Docs/ConcernsDiscomfortsPreg_SP.pdf

Eating Safely during Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2010.08.008>

Environmental Hazards during Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2005.09.008>

Essential Information for Mums to Be (Mama Academy - in English, Polish, Turkish, Bengali, Punjabi, Urdu, Arabic, Portuguese, Spanish, French, Chinese, Welsh) <https://www.mamaacademy.org.uk/wp-content/uploads/2020/03/LEAFLET-FOR-MUMS-MARCH-2020.pdf>

Exercise during Pregnancy (in English and Spanish) https://www.healthinfotranslations.org/pdf/Docs/Exercising_During_Pregnancy_USSp_fin_al.pdf

Exercise during Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12218>

Folic Acid (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12584>

Having a Baby (ACOG) <https://www.acog.org/womens-health/faqs/having-a-baby>

Intimate Partner Abuse (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12703>

Keeping Your Teeth and Gums Healthy during Pregnancy and Beyond (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13210>

Making Decisions about Prenatal Tests for Birth Defects (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12027>

Marijuana Use During Pregnancy & Breastfeeding FAQs (AAP) <https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Marijuana-Use-During-Pregnancy-Breastfeeding.aspx>

Miscarriage (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12084>

Nausea and Vomiting in Pregnancy (in English and Spanish) https://www.healthinfotranslations.org/pdf/Docs/NauseaVomitingPregnancy_SP.pdf

Nausea and Vomiting in Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12451>

National Domestic Violence Hotline: 1-800-799-SAFE (7233) or 1-800-787-3224, or live chat at thehotline.org

Pregnancy after Bariatric Surgery (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2010.03.002>

Preventing Iron Deficiency During Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12940>

The Rh factor: How it can affect your pregnancy (ACOG) <https://www.acog.org/womens-health/faqs/the-rh-factor-how-it-can-affect-your-pregnancy#:~:text=During%20a%20pregnancy%2C%20Rh%20antibodies,all%20parts%20of%20the%20body>

Rh-Negative Blood Type in Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13086>

Sex During Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12677>

Smoking and Women's Health: Tips on Why and How to Quit (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12234>

Staying on a Vegetarian Diet During Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13105>

Substance Abuse and Mental Health National Helpline: 1-800-662-HELP (4357) or 1-800-487-4889

Teratogens in Pregnancy (Fact sheets by MotherToBaby) <https://mothertobaby.org/fact-sheets/>

Tuberculosis and Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2007.04.002>

Vaccines and Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12237>

Weight Gain and Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12762>

Women of Size and Pregnancy (ACNM) <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12867>

References: American Academy of Pediatrics, & American College of Obstetricians and Gynecologists. (2017). Guidelines for perinatal care (8th ed.). DOI 10.1002/14651858.CD003519.pub3; American College of Obstetricians & Gynecologists. (2017a). Breast cancer risk assessment and screening in average-risk women. <https://www.acog.org/clinical/clinical-guidance/practice-bulletin/articles/2017/07/breast-cancer-risk-assessment-and-screening-in-average-risk-women>; American College of Obstetricians & Gynecologists. (2017b). HIV and pregnancy. <https://www.acog.org/womens-health/faqs/hiv-and-pregnancy>; American College of Obstetricians & Gynecologists. (2018). Management of alloimmunization during pregnancy. <https://www.acog.org/clinical/clinical-guidance/practice-bulletin/articles/2018/03/management-of-alloimmunization-during-pregnancy>; American College of Obstetricians & Gynecologists. (2020). Frequently asked questions: Ultrasound exams. [Free for use. Please credit source - \[amidwifefaction.com\]\(https://amidwifefaction.com\). Version 2. Last updated 4/2021.](https://www.acog.org/womens-health/faqs/ultrasoundexams#:~:text=How%20many%20ultrasounds%20exams%20will,the%20first%20trimester%20of%20pregnancy,;Centers%20for%20Disease%20Control%20and%20Prevention,(2016).Sexually%20transmitted%20diseases.https://www.cdc.gov/std/pregnancy/stdfact-pregnancy-detailed.htm#:~:text=Untreated%20chlamydia%20infection%20has%20been,membranes%2C%20and%20low%20birth%20weight.&text=The%20newborn%20may%20also%20become,develop%20eye%20and%20lung%20infections,;Centers%20for%20Disease%20Control%20and%20Prevention,(2020a).Rubella(German%20measles,%20three-day%20measles).https://www.cdc.gov/rubella/about/in-the-us.html;Centers%20for%20Disease%20Control%20and%20Prevention,(2020b).Sexually%20transmitted%20diseases:State%20statutory%20and%20regulatory%20language%20regarding%20prenatal%20syphilis%20screenings%20in%20the%20United%20States.https://www.cdc.gov/std/treatment/syphilis-screenings.htm#:~:text=Centers%20for%20Disease%20Control%20and%20Prevention,(2020c).Syphilis.https://www.cdc.gov/nchs/np/pregnancy/effects/syphilis.html;Cunningham,F.G.,Leveno,K.J.,Bloom,S.L.,Hauth,J.C.,Rouse,D.J.,&Spong,C.Y.(2010).Williams%20obstetrics(23rd%20edition).New%20York:McGraw-Hill%20Education;HepatitisB%20Foundation,(2021).Pregnancy%20and%20hepatitisB.B.https://www.hepb.org/treatment-and-management/pregnancy-and-hbv/;King,T.,Brucker,M.,Kriebs,J.,Fahey,J.,Geger,C.,&Varney,H.(2015).Varney's%20midwifery(5th%20ed.).Burlington,Massachusetts:Jones%20and%20Bartlett%20Learning.</p></div><div data-bbox=)