

PRECONCEPTION VISIT

Preconception care
is recommended
for everyone.

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

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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
- exercise 150min, cardio and strength training

YEARLY

- assess BMI - aim for a healthy weight
- visit dentist
- review vaccine record
- verify any changes in family history

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 - findhelp.org
- 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>)
- research/obtain life insurance policies
- make a budget/consider saving for an emergency fund while pregnant

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/000000003904/Dental_Care_Pregnancy.pdf
- Dental Health in Pregnancy** (March of Dimes) <https://www.marchofdimes.org/pregnancy/dental-health-during-pregnancy.aspx>
- Findhelp.org** <https://www.findhelp.org/>
- 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
- 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 Motherhood (State of Delaware)** <https://www.dhss.delaware.gov/dph/chca/files/pursuemotherhood.pdf>
- 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 seek evaluation 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 to learn how to apply for coverage during pregnancy.