

## Preconception / Inter-conception Self Assessment

Questions to ask yourself	Actions to take
1.) Are you seeing a doctor for any health problems (heart problems, high blood pressure, diabetes, lupus, seizures, asthma) ? Do you have a family history of birth defects or hereditary disorders? Do you take any medications, herbs, nutritional supplements or over-the counter drugs?	Talk with your doctor about what you need to do to prepare for pregnancy
2.) Will you be trying to get pregnant within the next year? 2 years?	Know the best way to stop using your birth control method
3.) Have you ever had a premature or low birth weight baby (5 lbs 8 oz or less)? Have you ever had a pregnancy loss after 14 weeks (3 ½ months)?	This increases your risk for another sick baby, talk with your doctor
4.) Do you think you are at a healthy weight? Do you exercise at least 3 times per week? Are you eating 4 – 5 servings of fruits & vegetables a day?	Eat a health diet and get to and maintain a healthy weight
5.) Do you take a multiple vitamin with folic acid daily?	Take a daily multi vitamin or a supplement with 0.4 mg/day
6.) Do you smoke cigarettes? Do you drink alcohol, including beer and wine coolers? Do you use any street drugs?	All these substances are harmful to the growing fetus, and need to be avoided.
7.) Have you or your partner ever been treated for a sexually transmitted infection? (Gonorrhea, Syphilis, Chlamydia, Herpes, HIV, etc.)	STD's can cause infertility and HIV can be passed to the fetus. Get tested and get treated before pregnancy
8.) Have you had or been immunized for Chickenpox, Rubella, Tetanus/Diphtheria and Hepatitis B?	Be sure your immunizations are up to date.
9.) Do you feel safe in your present relationship? Have you ever been physically, emotionally or sexually abused?	Partner violence sometimes increases during pregnancy. Talk with a counselor about being safe.
10.) Do you have a dentist? Do you brush your teeth twice a day and floss daily? Have you had a dental cleaning in the last year? Do you have any pain, bleeding or swelling in your teeth or gums?	Good dental health is important for good nutrition and prevention of tooth and gum disease.
11. Have you had a baby in the last 18 months?	Delay another pregnancy until the baby is at least 1 year old.

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