

Checklist of Preconception Care Topics

Education:

- Smoking, alcohol abuse and other drug use
- Folic acid supplementation, 400 mcg daily as a standard of care

Counseling:

- Sexually transmitted infections including HIV
- Family planning and pregnancy spacing
- Healthy body weight and diet
- Increased risk of hepatitis C in those with tattoos and/or body piercings
- Lead and other environmental and/or occupational exposures
- Genetic disorders (including cystic fibrosis and sickle cell genotypes).

Assessment:

- Physical assessment including physical examination and medical family history
- Carrier screening (racial/ethnic background/family history)
- Complications with past pregnancies (postpartum hemorrhage, thrombotic event, pre-eclampsia/eclampsia, PIH, gestational diabetes, Rh incompatibility, etc.)
- Identification and assistance for victims of domestic violence
- Psychosocial screening for parent readiness

The American college of Obstetricians and Gynecologists recommend that **all** health encounters during a woman's reproductive years, particularly those that are a part of preconception care, should include counseling on appropriate health behaviors to optimize pregnancy outcomes and prevent maternal mortality.

American College of Obstetricians and Gynecologists, District II/NY (February, 2008).
Preconception Care: A guide for optimizing pregnancy outcomes.