

## FAMILY HISTORY & CURRENT HEALTH

Some medical conditions are inherited and many can be tested for. Your current health status (weight, blood pressure etc) is also important to conception, so consultation with your doctor and/or midwife is recommended.



## USEFUL WEBSITES & PHONE NUMBERS

[www.patient.co.uk](http://www.patient.co.uk) (search pre-conception)

[www.pregnancy.org](http://www.pregnancy.org)

[www.fpa.org.uk](http://www.fpa.org.uk) (Family Planning Association: 0845 310 1334)

[www.bpas.org](http://www.bpas.org) (British Pregnancy Advisory Service: 08457 30 40 30)

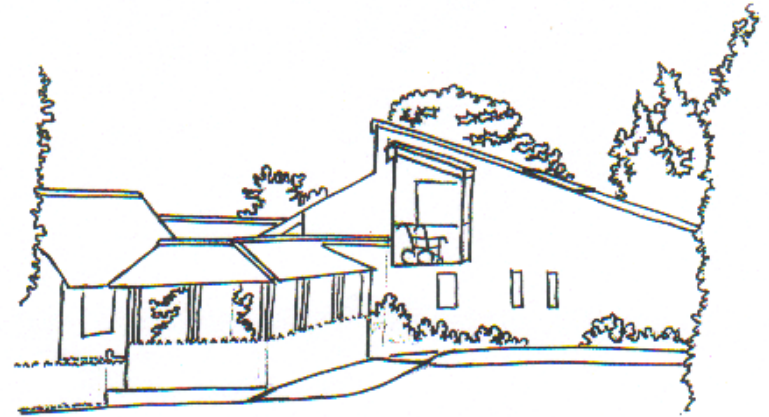


Laurel Bank Surgery  
Malpas  
Cheshire SY14 8PS



Phone: 01948 860205  
Fax: 01948 860142

**PRE-CONCEPTION ADVICE**  
LAUREL BANK SURGERY  
MALPAS, CHESHIRE SY14 8PS



Tel: 01948 860205

Fax: 01948 860142



## Pre-Conception Advice

If you are planning on having a baby, there are several things you can do to promote the well being of your own health and that of your baby:

### **A HEALTHY, PRE-PREGNANCY ROUTINE**

This will ensure that you are in good mental and physical shape and this will have a positive effect on your baby, not just at birth but for the rest of his or her life.

### **CONTRACEPTION IS AN ISSUE**

If you have been taking the pill, it is best to wait for at least 3 months after you have stopped taking the pill before trying for a baby. Don't forget to use a different form of contraception, like a condom or cap, until you're ready to conceive.

### **CHECK YOUR RUBELLA STATUS**

A Rubella (German Measles) vaccination is recommended if you are non-immune (a simple blood test will indicate this, as exposure to the virus in early pregnancy can result in a seriously handicapped child.) However, you must not conceive for at least 3 months following vaccination, as there is a high risk of abnormality in the foetus.

### **STOP SMOKING**

Studies show that smoking in both mothers and fathers reduces the ability to conceive. There is also an increased rate of miscarriage, premature birth and lower birth weight. Also, children of smokers have a slight reduction in reading ability and an increase in cot death syndrome.



## Pre-Conception Advice

### **AVOID ALCOHOL**

Miscarriage rates are higher in drinkers and high levels of alcohol can cause foetal alcohol syndrome. Moderate drinking has not shown effects to date but alcohol DOES cross the placenta and may affect the baby's brain and liver.

### **DIET & HYGIENE**

- Avoid Vitamin A Supplements or foods rich in Vitamin A (such as liver)
- Eat foods rich in Folate (such as sprouts, asparagus, spinach and fortified cereals)
- Take Folic Acid (0.4mg/day from pre-conception to Week 13)
- Ensure home grown produce is well washed in view of cats (Toxoplasmosis) and avoid contact with cat litter trays
- Avoid chill/cook produce and unpasturised cheeses throughout your pregnancy (Listeria)

### **CURRENT HEALTH STATUS**

If you are being monitored by a specialist clinic for an on-going medical condition, ensure that they are aware of your plans and desire to conceive. Some medications might have to be stopped, so please consult your doctor.

If you are trying for a baby but do not conceive after a year or so, you may wish to see your GP or family planning clinic just to rule out any possible fertility problems.

