

Acknowledgement of Country

I would like to acknowledge the traditional owners of the lands from where each of us are joining this webinar today.

I wish to pay my respects to their Elders past, present and emerging.





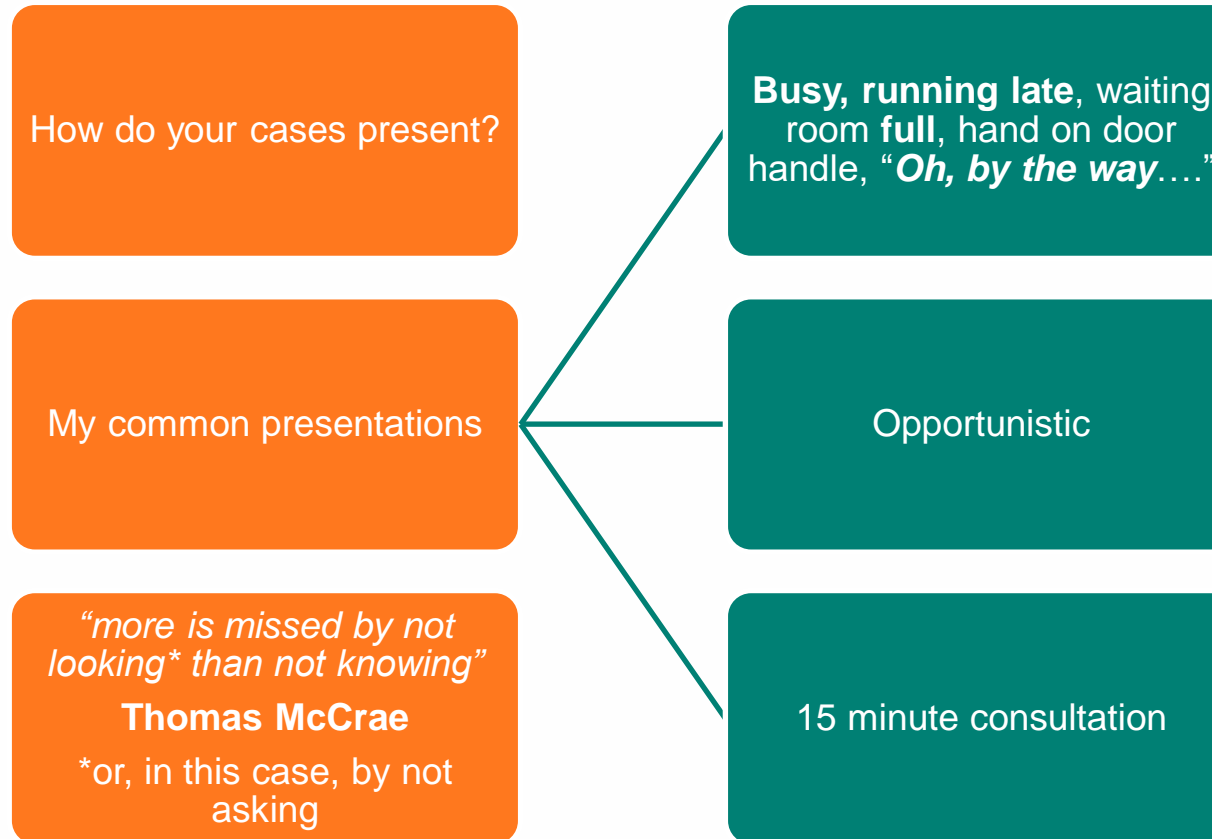
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RACGP

Preconception consultations





History
Examination
Investigation

Create
and/or use
tools and
shortcuts

BEFORE YOU GET PREGNANT

Pregnancy planning



The best chance we have to improve the health of our nation starts before a pregnancy begins. By making sure mum and dad are as healthy as possible, we get pregnancy off to the best start. Four simple interventions, if undertaken by everyone, would have a significant impact: Quit smoking, don't drink alcohol, eat well and be physically active! In our modern world with so much more information about what else we can do, we sometimes overlook the little things. To go into more depth however, I have a checklist which will draw out most of the information about pregnancy planning. Please work through the list and take it with you so you can discuss the information uncovered by the checklist with your doctor or midwife.

Do be aware however that many pregnancies are unplanned, so if you are not ready to have a baby, please use very good contraception! For information on different ways to reduce the chances of falling pregnant, click on the Family Planning (True) link.

LINKS

Pregnancy planning information from **RWH** (Melbourne) and **pregnancy, birth & baby**

Breastfeeding information from **ABA** (yes, start thinking about it now!)

Contraception information available from **Family Planning (True)**

COPE (it's never too early to think about your emotional and mental well being!)



History

General information including medication advice



SNAP (smoking, nutrition, alcohol, physical activity)

Personal history, PMHx, PSHx (r u ok; r u safe?)

Menstrual history, CST

Obstetric history (GPMETS*)

Family history

Medications

Vaccinations

Update clinical record

*Gravidity, parity, miscarriage, ectopic, termination, stillbirth/s

Examination



BP

Height

Weight

BMI

HS x 2

? Murmurs

? Breast (or thyroid) examination

As indicated by history

Advice



Folic Acid



Iodine



How to make a baby



Models of care



Health insurance (Gold)



Genetic carrier testing



Dental check up

Investigations

Definitely (follow your local guideline)

- Blood group +/- antibodies
- FBC
- Rubella +/- Varicella

Maybe (funded)

- Infection screening (Hep B, Hep C, HIV, Syphilis, Chlamydia)
- Ferritin, B12, Vitamin D
- E/LFTs, Protein/Cr ratio
- HbA1c

Maybe (unfunded)

- Carrier status (limited or extended panels)

Probably not (follow your local guideline)

- GBS
- CMV
- HSV

Preconception Checklist—Planning a pregnancy?
<i>Please complete to the best of your knowledge. Most questions aim to identify factors which increase risk to you or baby— feel free to ask if you don't understand a question or the reason for asking it.</i>
Have you thought about when you want to fall pregnant, how many children you wish to have and what gap you would like between children?
Have you been trying to fall pregnant already? If so, for how long?
Have you ever been pregnant before? If so, how many times and what were the outcomes each time? Were there any complications during the pregnancy, during the birth or afterwards for you or for baby?
Are your periods regular or irregular? Heavy or light? Painful or ok?
Do you have any medical conditions that might affect future pregnancies? Diabetes, thyroid disease, high blood pressure, epilepsy, low platelet count, asthma, heart, lung or kidney problems and mental health conditions are particularly important.
Do you take any medications? This includes prescription medication such as asthma puffers, the pill, an IUD, Implanon, Depo as well as over the counter, herbal or alternative medications & supplements.
Have you had any surgical operations? If yes, what did you have, when & were there any complications?
Do you ever smoke? If yes, what do you smoke, how much and how often? Do others smoke near you?
Do you drink alcohol? If yes, what do you drink, how much and how often?
Do you use drugs? If yes, what do you take, how do you take it, how much and how often?
Do you follow any particular diet such as vegan, vegetarian, gluten or dairy-free?
What types of exercise do you like? Do you exercise regularly? If yes, what types of exercise do you do?
Have you ever had a Pap Smear or Cervical Screening Test? If yes, when was it and what was the result?
Have you ever had a sexually transmitted infection?
Did you have vaccinations as a child? Have you had any as an adult e.g. for travel, whooping cough? Are your Covid vaccinations up to date?

YOU'RE KIDDING, RIGHT?
HAND ON DOOR
OPPORTUNISTIC
15 MINUTES....

Would something like this help?
Page 1 of 2



Or this?

Oh, and spread over at least 2 visits!



Preconception Action List

General advice for all who will be parenting

Quit Smoking
Cut back (or stop drinking) alcohol
Stop using illicit drugs
Eat healthy food
Get regular exercise
Aim for a healthy weight range
Take steps to improve your emotional/mental well being
Take steps to identify and if present, address domestic violence
Update your immunisations – Covid, influenza, whooping cough

Advice for biological parents-to-be

Check your prescription drugs, supplements and over the counter medications for safety in pregnancy (ask your pharmacist or doctor)
Avoid exposure to toxic chemicals, where possible e.g. lead, radiation
Book a check-up with your doctor
Aim for good control of pre-existing medical conditions such as high blood pressure, diabetes, asthma, mental health
Ask about genetic carrier testing
Consider STI checks

Advice for gestational parent-to-be (aka mum)

Stop drinking alcohol
Begin before age 35, if possible
Check that your cervical screening test (pap smear) is up to date
Check that you are immune to Rubella, if low or no immunity, update your immunisation
Check that you are immune to Chicken Pox, if not immune, update your immunisation
Whooping cough and influenza immunisations are best updated during pregnancy
Check your blood type
Take a folate supplement (the dose varies – ask your midwife or doctor)
Take an iodine supplement (unless you have an overactive thyroid)
Have a dental check up

Advice for non-gestational parent-to-be (aka dad)

Cut back (or stop drinking) alcohol
Begin before age 40, if possible
Keep your testes cool (avoid saunas, spas, hot baths and tight undies)

Resources

RACGP [Preventative activities prior to pregnancy \(Red Book\)](#)

Maternity Matters – Dr Wendy Burton (including checklists)
<https://maternity-matters.com.au/preconception>

Royal Women's hospital – [Preparing for pregnancy](#)

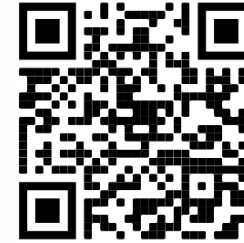
Prenatal screening - <https://prenatalscreening.org.au/prospective-parents/>

Pregnancy, birth and baby - <https://www.pregnancybirthbaby.org.au/planning-for-pregnancy>

Australian Breastfeeding Association (ABA) <https://www.breastfeeding.asn.au>

True – Aboriginal and Torres Strait Island reproductive health <https://www.true.org.au/factsheets>

COPE - Planning a family (emotional health and wellbeing) <https://www.cope.org.au/planning-a-family/>



Q&A

If you have a question for the
presenters, please type it in
your Q&A box now



Thank you for watching.
I hope it was helpful!

