

Getting Your Patients Ready for Pregnancy

Objectives

- Review the type of preconception information needed to provide appropriate preconception advice to women contemplating pregnancy

- Describe special preconception needs of women who have pre-existing conditions or prior obstetric complications

Content Outline

1. Preconception Counseling
 - A. Timing of preconception counseling
 - B. Review of client history
 1. Review of medications
 2. Family and genetic history
 3. Assess for environmental/occupational exposures
 4. Intimate partner violence
 - C. Clinical interviews/encounters
 1. Questions to ask
 2. Insure preconception needs are visited on an ongoing basis
 3. Contraception and family planning
 4. Immunizations
 5. Infection disease screening
 6. Assess nutrition status
 7. Assess exercise and physical activity

2. Special Preconception Considerations for Women with Pre-Existing or Obstetric Conditions
 - A. Diabetes
 - B. Irritable bowel diseases
 - C. Hypertension
 - D. Hypothyroidism
 - E. Bariatric surgery
 - F. Mood disorders
 - G. HIV
 - H. Thrombophilias
 - I. Previous pregnancy complications

Reading Material Resources- Page 2

Reading Material Resources

Module WB2344: Getting Your Patients Ready for Pregnancy is based on the resources listed below. A copy of each resource is included with the module.

Delivering family planning and preconception care to women with diabetes: Implementation challenges and promising strategies, Marshall, et al., *Healthcare*, 8 (2020), 1-3

Prepregnancy counseling, Committee Opinion No. 762, ACOG/ASRM, *Fertility and Sterility*, Volume 11, Issue 1, 2019, 32-42

Preconception counseling of females with inflammatory bowel disease, Rottenstreich, et al., *Best Practice & Research Clinical Gastroenterology*, 44-45 (2020), 1-6