# **Preconception Action List**

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|  | 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 |

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|  | 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 |

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|  | Advice for gestational parent-to-be (aka mum) |  | Advice for non-gestational parent-to-be (aka dad) |
|  | Stop drinking alcohol  |  | Cut back (or stop drinking) alcohol |
|  | Begin before age 35, if possible |  | Begin before age 40, if possible |
|  | Check that your cervical screening test (pap smear) is up to date |  | Keep your testes cool (avoid saunas, spas, hot baths and tight undies) |
|  | 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  |  |  |

# **Resources**

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| Gestational parent-to-be (aka mum) |
| 1. <https://www.cdc.gov/preconception/index.html>
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| 1. <https://www.pregnancybirthbaby.org.au/preconception-health-for-women>
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| 1. <https://www.yourfertility.org.au/general-resources/interactive-tools/pre-conception-checklists-men-and-women>
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| Non-gestational parent-to-be (aka dad) |
| 1. <https://www.marchofdimes.org/find-support/blog/5-steps-men-can-take-to-get-healthy-conception>
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| 1. <https://www.pregnancybirthbaby.org.au/preconception-health-for-men>
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| 1. <https://www.yourfertility.org.au/general-resources/interactive-tools/pre-conception-checklists-men-and-women>
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