



Preconception Visit

PRINT-AND-GO GUIDE



If you are sexually active, make an appointment with your doctor to talk about your preconception health. Bring this list of talking points to be sure you don't forget anything. If you run out of time at your visit, schedule a follow-up visit to make sure everything is covered.

<http://www.womenshealth.gov>

1-800-994-9662

TDD: 1-888-220-5446

| Ask your doctor about: | Write down what your doctor says here: |
|--|--|
| Family planning and birth control | |
| Taking folic acid | |
| Vaccines and screenings you might need, including a Pap test and tests for sexually transmitted infections | |
| Health problems you have, including how pregnancy may affect, or be affected by, health problems | |
| Medicines you use, including prescription and over-the-counter drugs and herbal or natural supplements | |
| Ways to improve your overall health and avoid illness | |
| Quitting smoking | |



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| Ask your doctor about: | Write down what your doctor says here: |
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| Alcohol use | |
| Hazards in your home or workplace that could affect pregnancy | |
| Health problems that run in your family | |
| Problems you have had with prior pregnancies, including any preterm births | |
| Social support concerns, including domestic violence | |
| Your partner's health and family health history | |
| Other concerns | |