http://www.womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446

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.

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	

http://www.womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446

Ask your doctor about:	Write down what your doctor says here:
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 pretern births	
Social support concerns, including domestic violence	
Your partner's health and family health history	
Other concerns	

Content last updated September 27, 2010.