



Preconception readiness

Getting ready before you try for a baby protects your health and your baby's. Tick what you have already done, and bring this to a preconception visit.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ I am taking folic acid every day, ideally from at least a month before trying
- ☐ I know my blood group, haemoglobin and thyroid status
- ☐ I know whether I am immune to rubella (German measles)
- ☐ My blood pressure and blood sugar have been checked
- ☐ I have discussed my regular medicines with a doctor
- ☐ I know whether I carry thalassaemia or sickle cell trait
- ☐ I have had tests for HIV, hepatitis B and syphilis
- ☐ I do not smoke or drink alcohol, or I am stopping
- ☐ I am working towards a healthy weight
- ☐ I have had cervical screening, if it is due

GET HELP NOW IF

- You are pregnant and have bleeding or severe pain
- You have a missed period with one-sided pain, shoulder-tip pain or fainting

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



MY HEALTH DETAILS

Blood group	
Haemoglobin	
Thyroid (TSH)	
Rubella immunity	
Blood sugar	
Blood pressure	
Regular medicines	
Previous pregnancies	

BEFORE YOUR VISIT

- Start folic acid now if you have not already: 400 micrograms a day, unless a doctor advises a higher dose.
- Bring reports from previous pregnancies and any recent tests.
- List your medicines, including herbal or traditional remedies.
- Your partner is welcome to come with you.

QUESTIONS YOU MAY WANT TO ASK

- Which tests do I need before trying?
- Are my medicines safe in pregnancy?
- Do I need a higher dose of folic acid, or any vaccines?

