

Questions to Ask Your Doctor Before You Conceive

If you're thinking about having a baby, it's a great idea to visit to your doctor before you conceive — especially if it's your first baby or if you have health issues. Ideally you'll schedule the appointment at least three months before you start trying, to allow enough time for any vaccines you may need. Use these questions as a starting point to asking your doctor for the information you need about getting pregnant.

Are there any immunizations I should consider getting?

Do I have any health risks? If so, is there anything I can do to address them?

Are there any genetic tests you recommend?

How might my partner's medical history, family history and lifestyle behaviors affect conception?

Are there any over-the-counter medications to avoid?

How does my age affect conception?

Are there any environmental factors that my partner and I should be aware of?

How does emotional health affect my chances of getting pregnant?

Are the medications I'm on safe for pregnancy?

Is there a prenatal vitamin that you recommend? Can I start taking it now?

Am I at a healthy weight?

How long after I stop birth control will I be able to become pregnant?

How does exercise affect my chance of getting pregnant?

What kind of diet should I eat? And how do caffeine, alcohol or cigarettes affect conception?

Do you have any tips for increasing my chances to conceive, such as time of month?



2425 Samaritan Drive
San Jose, CA 95124
888-724-2362

GoodSamBaby.com

