

Preconception Care Clinical Practice Guidelines

The following information was adapted from the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics with the intent of providing OB/GYN and primary care providers guidance in treating females of reproductive age before becoming pregnant to ensure the best possible health and outcomes for mother and baby. These guidelines are not intended to represent an exclusive course of treatment.

Assessment
Current medications (prescription & non-prescription)
Domestic abuse & violence
Environmental & occupational hazards
Family planning and pregnancy spacing
Family history
Genetic conditions
Gynecology history
Immunization status
Maternal/paternal genetic history
Medical, surgical, psychiatric and neurologic histories
Nutrition including folic acid
Obstetric history
Pelvic Exam
Risk factors for sexually transmitted diseases
Socioeconomic, educational & cultural needs
Substance abuse (alcohol, tobacco, illicit drugs)

Labwork/Screening
Genetic disorder screening based on racial/ethnic background: <ul style="list-style-type: none"> • A-thalassemia – Southeast Asian, Mediterranean, and African American • B-thalassemia – Mediterranean, Southeast Asian, and African American • Canavan disease and familial dysautonomia – Ashkenazi Jew • Cystic fibrosis – carrier screening should be made available to all couples, although carrier frequency is higher in Caucasians of European & Ashkenazi Jewish descent • Sickle hemoglobinopathies – African American • Tay-Sachs Disease – Ashkenazi Jew, French Canadian, and Cajun
Human immunodeficiency virus (HIV) screening
Mantoux test with purified protein derivative for tuberculosis
Sexually transmitted disease screening
Testing for maternal diseases based on medical or reproductive history

Education
Abstaining from tobacco, alcohol & illicit drug use before & during pregnancy
Avoiding fad diets
Avoiding pregnancy within one month of receiving a live attenuated viral vaccine (i.e. rubella)
Determining the time of conception by accurate menstrual history
Development of reproductive plan
Exercise
Maintaining good control of preexisting medical conditions: <ul style="list-style-type: none"> • Asthma • Diabetes • Hypertension • Inflammatory Bowel Disease • Seizures • Systemic Lupus Erythematosus • Thyroid Disorders
Preventing HIV
Taking folic acid 0.4mg per day while attempting pregnancy & during 1 st trimester of pregnancy to prevent neural tube defects
Teratogenic effects of medications
Weight: <ul style="list-style-type: none"> • Reducing weight before pregnancy, if obese • Increasing weight before pregnancy, if underweight

To access patient educational resources, go to: <http://www.acog.org/Patients>

Reference:

AAP/ACOG Guidelines for Perinatal Care 2007, 6th Edition

Guideline approved by:

Clinical Quality Committee: February 9, 2016

Medical Management Committee: August 17, 2015