

Planning for Pregnancy? Trimester Zero Preconception Checklist

Use the checklist below to help prepare for pregnancy and ensure that you are giving your baby the best start in life. Review these items with your healthcare provider to develop a preconception plan tailored to you.

- Evaluate and confirm pregnancy intention¹

Medical Considerations

- Schedule prenatal care visit with healthcare provider¹
- Start daily preconception multivitamin with folic acid¹
- Identify a healthy weight¹
- Identify and address nutritional issues²
- Establish optimal glycemic control for women with pre-gestational diabetes¹
- Confirm absence of sexually transmitted infections¹
- Assess mental health and absence of uncontrolled depression^{1,2}
- Determine immunization history²
- Evaluate undiagnosed, untreated, or poorly controlled medical conditions²
- Review medications, including teratogenic medications and radiation exposure^{1,2}
- Review family history and genetic risk²

Lifestyle Considerations

- Eliminate tobacco substances and other high-risk behaviors^{1,2}
- Evaluate social impacts of pregnancy²
- Evaluate occupational and environmental exposures²

References: 1. Frayne DJ, Verbiest S, Chelmow D, et al. Health Care System Measures to Advance Preconception Wellness: Consensus Recommendations of the Clinical Workgroup of the National Preconception Health and Health Care Initiative. *Obstet Gynecol.* 2016;127(5):863-72. 2. The importance of preconception care in the continuum of women's health care. ACOG Committee Opinion No. 313. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2005;106:665-6.



**Trimester Zero
is the time for
preconception
care and
counseling,
at least 3
months before
becoming
pregnant.**

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