

PRECONCEPTION CHECKLIST

- Detailed personal and family history, including reproductive history
- Screen for history of trauma, including reproductive trauma
- Screen for STIs, TORCH immunity
- Screen for genetic conditions/advanced karyotype screening (once)
 - SMA
 - Cystic Fibrosis
 - Tay Sachs
 - Fragile X
 - Factor V Leiden
 - MTHFR
 - Prothrombin
- Review childhood vaccination status
- Screen for maternal health conditions and develop a plan for management
 - Maternal weight
 - Mental health
 - Substance use
 - Thyroid function
 - Lipid profile
 - Pap smear
 - Sleep hygiene
 - Existing health conditions
- Discuss pregnancy spacing
- Review social determinants of health
 - Occupational situation/setting
 - Family dynamics
 - Financial considerations
 - Support system
 - Lifestyle factors
 - Cultural traditions
 - Access to care
 - Stress
- Screen for risk factors for pregnancy complications
 - Advanced maternal age
 - History of poor pregnancy outcomes
 - IVF pregnancy
 - Primiparity
- Discuss known and potential risk factors for pregnancy complications
- Initiate prenatal vitamins with folate and DHA supplements
- RPL workup if strong family history or personal history of poor pregnancy outcomes
- Referral to specialists for management of maternal health conditions as needed

SCREENING FOR RISK FACTORS

Maternal Health

- Autoimmune Disorders
- Maternal health conditions (hypertension, diabetes, renal disorders, sickle cell disease, thyroid disorder, etc)
- Substance use
- Maternal BMI (underweight or overweight)
- Advanced maternal age
- History of poor pregnancy outcome
- Maternal sleep position and quality
- Maternal mental health

Social Health

- Financial concerns
- Support system
- Trauma
- Stress
- Access to care
- Prenatal care
- Exposure to racism

Pregnancy/Fetal Health

- IVF pregnancy
- Multiple gestation
- Gestational Diabetes
- Preeclampsia
- Cholestasis
- Primiparity
- Placental conditions
- Abnormal PAPP-A, inhibin A, PIGF
- Umbilical cord abnormalities
- Fetal growth restriction
- Altered fetal movement
- Oligo/polyhydramnios
- Post-term

Adapted from:

American College of Obstetricians and Gynecologists. (2020). Management of stillbirth: ACOG Obstetric Care Consensus No. 10. *Obstetrics & Gynecology*, 135(3), e110-32.

Committee on Gynecologic Practice, & American Society for Reproductive Medicine. (2019). ACOG Committee Opinion: Prepregnancy counseling. *Obstetrics & Gynecology*, 133(1), e78-e89.

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