

AMHERST MEDICAL PRACTICE

Protocol

Pre Conceptual Guidelines

When a patient consults, prior to embarking on a pregnancy, she may actively be seeking pre-conceptual advice. Alternatively this may represent an opportunistic part of the consultation for the GP or Practice Nurse. The following aspects of healthcare should be considered in all cases.

1 LIFESTYLE ADVICE

- ⊗ Smoking
- ⊗ Alcohol
- ⊗ Over the counter and illegal medication/substances
- ⊗ Do not handle cat litter – risk of toxoplasmosis
- ⊗ Avoid contact with children with rashes wherever practicable- chicken pox erythema infectiosum? Rubella
- ⊗ Weight and BMI

2 DIETARY ADVICE

- ⊗ Folic acid 400 mcg tablets pre conceptually till 12 weeks gestation
- ⊗ Foods rich in iron and calcium
- ⊗ Avoid listeria/salmonella risks etc soft cheese, pate, pre cooked chilled food, raw eggs etc.
- ⊗ Avoid liver in pregnancy because of high levels of vitamin A
- ⊗ Consumption of nuts in pregnancy has been implicated in subsequent nut allergy in children

3 PAST MEDICAL HISTORY

- ⊗ Serious illnesses of relevance – cardiac (RhfFever) renal (nephritic syndrome/glomerulonephritis), hepatic (hepatitis B or C), diabetes, epilepsy, connective tissue disorders (SLE), asthma, infections (HIV/herpes genitalis) etc which might affect pregnancy
- ⊗ Abdominal or pelvic surgery
- ⊗ Orthopaedic problems especially back and pelvic injuries

4 MEDICATIONS

- ⊗ Are they safely prescribed in pregnancy? Do benefits outweigh risks? (Especially anti – epileptics, anti-psychotics etc)

5 FAMILY HISTORY

- ⊗ Genetically-inheritable diseases
- ⊗ Chromosomal abnormalities

6 RUBELLA status

Should be checked in all patients with view to immunization BEFORE pregnancy if not immune.

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