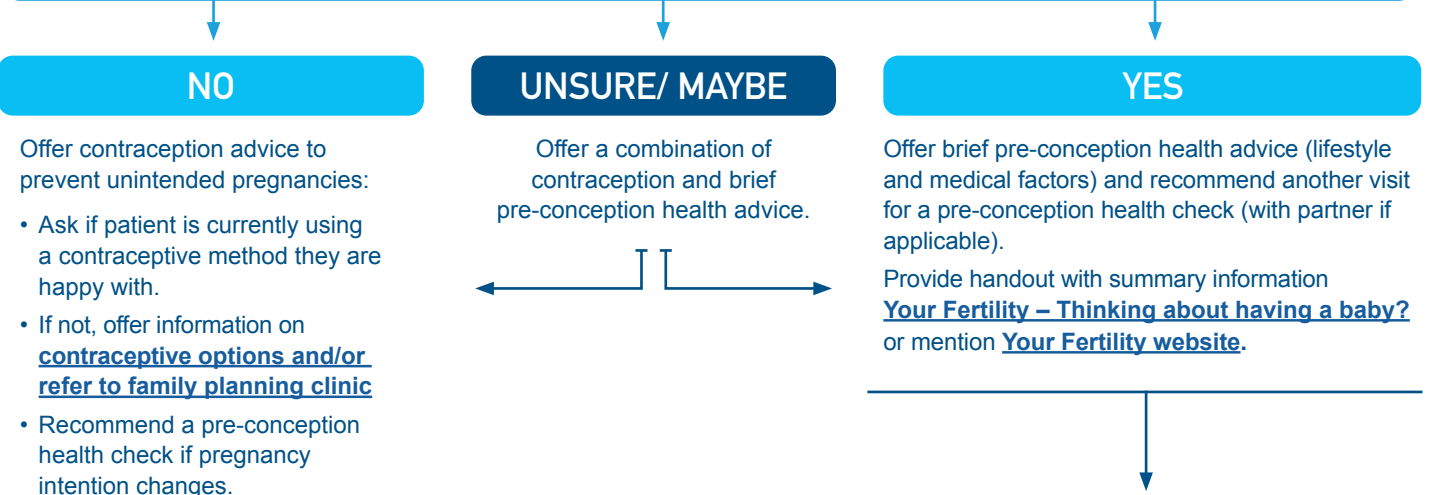


Planting the seed – asking about pregnancy plans

This is a guide for asking patients of reproductive age about their pregnancy plans so you can help them either prevent an unplanned pregnancy or conceive a healthy child when the time is right for them.

“Do you want to try for a baby in the next year?”



NO

Offer contraception advice to prevent unintended pregnancies:

- Ask if patient is currently using a contraceptive method they are happy with.
- If not, offer information on [contraceptive options and/or refer to family planning clinic](#)
- Recommend a pre-conception health check if pregnancy intention changes.
- Ask again at a later stage (1-2 years or when appropriate).

UNSURE/ MAYBE

Offer a combination of contraception and brief pre-conception health advice.



YES

Offer brief pre-conception health advice (lifestyle and medical factors) and recommend another visit for a pre-conception health check (with partner if applicable).

Provide handout with summary information [Your Fertility – Thinking about having a baby?](#) or mention [Your Fertility website](#).



Acknowledgements and sources:

- Dorney E, Black KI. Preconception care. Aust J Gen Pract. 2018 Jul;47(7):424-429. doi: 10.31128/AJGP-02-18-4485. PMID: 30114868.
- Bellanca HK, Hunter MS. ONE KEY QUESTION®: Preventive reproductive health is part of high quality primary care. Contraception 2013;88(1):3-6. doi:10.1016/j.contraception.2013.05.003.

Pre-conception health checklist:

- **Age** – Advise that age affects fertility
- **Pregnancy history** – Screen for modifiable risk factors
- **Weight** – Measure BMI and counsel if under or over-weight
- **Diet** – Provide advice on a healthy diet, and folic acid and iodine supplementation for women
- **Alcohol, smoking and drug use** – Assess intake and provide appropriate advice
- **Genetic screening** – Discuss reproductive carrier screening
- **Medical conditions** – Review current conditions and associated medications that can impact pregnancy (refer to specialist if required)
- **Sexually Transmitted Infections (STIs)** – Screen for STIs
- **Vaccinate as required** – (Measles, mumps, rubella, varicella zoster, hepatitis B)
- **Environmental** – Assess work, home and recreational environments and discuss **TORCH infections**
- **Psychosocial aspects** – Screen for domestic violence and mental health conditions
- **Breast examination** and **cervical screen**
- **Dental health** – Recommend a dental health check.