What does the Pre-Pregnancy Clinic involve?

The clinic involves a 30 minute appointment with one of our GP obstetricians. A once-off 30 minute appointment is usually sufficient for most patients. Before your appointment, we ask you to complete a questionnaire. Please bring the completed questionnaire to your appointment. You can download this questionnaire from our Pioneer Health website, or one of our friendly receptionist can provide you with one.

During your appointment, your GP obstetrician will take a careful history and examine you. Your doctor will then provide you with a set of specific recommendations tailored to your particular needs. You will also receive printed information material. This will ensure that you enter pregnancy in the best possible health.

We invite you to book your clinic appointment by calling the Pioneer Health reception on 9842 2822. We recommend that you book your appointment at least 3 months before you try to conceive.

The areas that your doctor will cover include:

- Any significant features in your past gynaecological and obstetric history
- Assessing and addressing risk factors for congenital birth defects
- Assessing for any significant past medical and mental health conditions
- Assisting with achieving healthy maternal weight
- Preconception investigations (usually some blood tests)
- Ensuring that important vaccinations are up to date
- Advice about pregnancy vitamin supplements
- Discussing dental health in pregnancy

Mon-Thurs: 8am - 8pm • Fri: 8am - 5pm

Telephone: 08 9842 2822

www.pioneerhealth.com.au

email: admin@pioneerhealth.com.au
2 Pioneer Road, Centennial Park 6330 WA

PIONEER HEALTH
ALBANY

Pre-Pregnancy Clinic

Why it is *best to plan* for your *pregnancy*

Are you contemplating a **pregnancy**?

Do you want to give your baby the **very best start** in life?

If you answered **YES** to the above questions, then our **Pre–Pregnancy Clinic** is for you. Please take a few of minutes to read this pamphlet – it could make all the difference to your child.

Why should I attend the Pre-Pregnancy Clinic?

At Pioneer Health we are committed to providing you and your family with high quality health care. The Pioneer obstetric team's highest priority is to ensure a healthy baby and mother.

In order to give children the very best start in life, it's important that mothers have a healthy pregnancy. And in order to help you achieve a healthy pregnancy, it's important that our doctors start assessing you before your pregnancy. If there is no pre-pregnancy counselling, our obstetric team's first chance to meet with you about your pregnancy, is typically sometime in the first trimester of pregnancy (i.e. first 13 weeks). As your baby's organs will be largely formed by 12 weeks of gestation, much of the pregnancy "programming" is already completed by then. In order to allow us to "opitimize" your pregnancy we recommend that you attend at least 3 months prior to conception to our Pre–Pregnancy Clinic.

Whilst pre-pregnancy counselling has long been accepted as an integral part of best practice obstetric care, it's often a part of pregnancy care that seems to be overlooked. The Pioneer Health Pre-Pregnancy Clinic now gives you access to this important part of your pregnancy care. The clinic represents an excellent opportunity to prevent health issues for you in your pregnancy and your baby. Consider that the risk of a major congenital birth defect is approximately 1% (or 1 out of 100 life births). Whilst the risk of these birth defects cannot be entirely negated, they can be significantly reduced with some simple pre-conception interventions. Taking an appropriate dose of folic acid 3 months prior to conception, for example, will reduce the risk of cleft lip, cleft palate and spina bifida (a spinal chord birth defect).