Date

FACTORS AFFECTING PREGNANCY

- Discussed all medications and supplements
- Declared all medical conditions
- Declared allergies to drugs, plastic/plaster foods
- Declared all pets
- Foods rich in fish oils, salads and fruits, nuts and grains
- Lower intake carbohydrates, sugary and fats
- The only supplements recommended are folate 0.4mg daily and fish oils
- Healthy lifestyle – exercise 30 minutes 3 times per week
- The ideal BMI is 20-24
- No smoking and No alcohol consumption
- Avoid any medications unless avoidable
- Avoid radiation n(CXR and ct scan)
- I have rubella. Measles and varicella immunity

- Physical and Scan

- Investigation (Blood test and urine)

- Recommendation: OPTIMIZED OPTIMIZATION REQUIRED

- Risks identified:

Pre-Pregnancy Consultation

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MRCOG LONDON
MATERNAL & FETAL MEDICINE
OBSTETRICIAN & GYNAECOLOGIST

FACTORS TO
DETERMINED ONCE
PREGNANCY
CONFIRMED

EARLY PREGNANCY (4-8 WEEKS)

    a.   Location of pregnancy
    b.   Number of fetuses
    c.   Ovarian cyst
    d.   Failed pregnancy – 1 in 3 pregnancies end in miscarriage

HIGH RISK PREGNANCY

    a.   Pre-eclampsia
    b.   Growth restricted fetus
    c.   Preterm birth – the most common cause why babies die
    d.   Stillbirth

NORMAL BABY

    a.   genetically normal – 11 to 13th weeks
    b.   structurally normal – 18 to 24 weeks

Risk reduction measures/treatment for:

    a.   pre-eclampsia
    b.   prerterm birth
    c.   fetal growth restriction

ALL THE ABOVE ACHIEVED WITH 2 ASSESSMENTS:

    1.   11-13 WEEKS OF PREGNANCY
    2.   18-24 WEEKS OF PREGNANCY