

Preconception Appointment Checklist

Make room for the questions that matter to you

Prepare a conversation with a healthcare professional before pregnancy. A few notes on paper or your phone may help, and a partner or trusted person can support you. You do not need a complete record before asking for care.

These questions are examples. Choose the ones that are useful to you; you do not need to ask them all.

Start with your main concern or goal. Gather a list of medicines, vitamins, supplements, and herbal products you use. Include relevant health conditions, past pregnancies, family history, and any vaccination records already available. Think about support for the appointment too, such as an interpreter or time to speak privately.

Keep personal health notes somewhere private. You can discuss sensitive details directly with the clinician rather than writing them on a shared sheet.

Choose the questions that fit your situation. The following are examples to help you decide what to raise.

- Do any of my medicines or health conditions need a plan before pregnancy?
- What should I know about folic acid, other supplements, and vaccinations?
- Are there tests or referrals to consider because of my own or family history?
- Where can I get help with mental health, alcohol, smoking, or other substance use?
- Is there anything about work, home, fertility, or my partner's health to discuss?

Choose the question you want to ask first, then another if useful. If you want a medicine, treatment, or health plan reviewed, raise it before making a change. This is preparation for a discussion, not a reason to stop prescribed treatment.

Before you leave, confirm what you agreed, the next action, who will take it, and when. Ask whom to contact if another question comes up.

If you're already pregnant, ask the midwife, doctor, or maternity service caring for you to review these notes in light of the pregnancy. You can still bring your medicine list and questions.

Download a reusable copy at parentingstagebystage.com/resources/preconception-appointment-checklist/. Check that the page opens in your language before relying on it.

Worksheet address: parentingstagebystage.com/resources/preconception-appointment-checklist/