

Pre-Pregnancy

Food – Listeria:

The bacteria is present in some foods. For example, Pate and soft cheeses such as ricotta and brie, cold cooked chicken, sliced meats, coleslaw and salads that are not fresh. It can be transmitted to the baby and can result in miscarriage, stillbirth or premature birth. For advice contact the Department of Human Services on 1300 650 172.

Pets – Toxoplasmosis:

Eating uncooked, or undercooked meat or coming into contact with the faeces of dogs or cats can transmit Toxoplasmosis. It rarely has symptoms for adults, but if contracted early in pregnancy can affect the development of the foetus, particularly the eyes and brain. Pregnant women (or those who suspect they are pregnant) are advised against handling litter trays or gardening with their bare hands and should ensure meat consumed is thoroughly cooked.

Exercise:

Develop a regular, low impact routine. Walking and swimming are excellent choices. Avoid contact sports. Avoid spas/saunas.

Patient Care:

Ultrasounds are routinely done. Avoid X-rays. Once you are pregnant there are 3 options available on the management of your pregnancy.

1. Pregnancy and delivery managed in a public hospital. You do not have a choice of doctor but the service is free. Some hospitals run midwife clinics.

2. Pregnancy managed by an obstetrician of your choice and delivered in a private hospital. You choose the doctor and the hospital. Private health insurance will cover you for some of these costs, however you will be required to pay out of pocket expenses.

3. You may have your pregnancy managed by a doctor at Burwood Health Care and, the delivery at a public hospital. The 'Shared Care' option is covered under Medicare.

Shared Care Doctors at Burwood Health Care:

Dr Thao-Thi Nguyen

Dr Eric Soon

PRE-PREGNANCY

This brochure has been produced as a resource for our patients.

Any questions regarding your health should be discussed with your doctor.

Burwood Health Care

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Weekdays: 8am to 10pm

Weekends: 8am to 8pm

Public Holidays: 8am to 8pm

Burwood HealthCare

PATIENT HEALTH INFORMATION



PRE- PREGNANCY

Pre-Pregnancy

All women considering pregnancy need to consider specific health information that will be beneficial to them and their unborn child. Use this list to guide your discussions.

Family/ Genetic History:

For example, a family history of twins, genetic disease such as Cystic Fibrosis, neural tube defect (Spina Bifida), Thalassaemia or some forms of cancer in the female and her partner. Appropriate counselling required if indicated.

Medical History:

For example, diabetes, high blood pressure, HIV/AIDS, kidney disease, ectopic pregnancies, or miscarriages, obesity or a Rhesus negative blood type.

Age:

With age there is an increasing risk of infertility or chromosomal defects (eg. Downs tests are available).

Medications:

Review all present and over the counter medications and their effect on fertility or pregnancy.

Smoking:

Smoking should be avoided during pregnancy. It is known to harm the growth and development of the baby. Smoking has also been linked with SIDS and increases the risks of miscarriage and obstetric complications. For more information phone the Quitline on 13 78 48.

Alcohol:

Alcohol should be avoided during pregnancy as drinking can lead to mental retardation, growth deficiencies and facial abnormalities in the baby.

Recreational Drug Use:

All drugs during pregnancy can have very serious consequences for an unborn child and should be avoided. In addition, the baby can be born with an addiction.

Nutrition:

Adequate maternal nutrition is important before conception. Good nutrition is also important for the developing baby. This includes Folate, Calcium (dairy) and fibre. Iron is essential in pregnancy (eg. Meat is a good source).

Folate:

Women need 0.4 - 0.5mg of Folate daily. The easiest way to do this is to take a Folate supplement, eat foods rich in Folate such as green leafy vegetables and foods with added Folate such as cereals. Folate is available from the chemist. The dose is 0.5mg, three months prior to conception until week twelve.

Vitamin A:

High intakes can cause defects in a baby. The recommended daily intake for Vitamin A is 750 retinal equivalents. Avoid supplements of Vitamin A.

Rubella Immunity:

Check immune status and if low, immunise. Women who need a booster must be advised to use contraception to avoid pregnancy for 3 months. For more information phone Burwood Health Care on 9888 8177.

Chicken Pox:

Check immune status if never been infected with Chicken Pox. If no immunity, vaccination is recommended. Avoid pregnancy for 3 months after vaccination.

Breast Check:

A routine breast check should be conducted prior to pregnancy. During pregnancy discuss the benefits of breast feeding.

Pap Test:

Do a Pap Test prior to pregnancy.

Menstrual Cycle and Conception:

Most women do not have completely predictable menstrual cycles, however the time of peak fertility (or ovulation) is generally said to be in the middle of a menstrual cycle. It can take up to six months after stopping the combined oral contraceptive pill to resume ovulation (9 months after Depo Provera).

Weight Gain in Pregnancy:

* Usually 10-13kg; 1-2kg in the first 3 months.

* 1-2kg a month in the last 6 months.

Health Insurance:

Private health insurance providers usually require that women are insured with them for 12 months before claims can be made.

Fertility:

* 60% of couples having sex without contraception fall pregnant in 6 months

* 75% in 9 months

*90% in 18 months

Ovulation occurs 14 days before the next period is due regardless of the length of the cycle.

