



Regent House Surgery

Pre-conceptual advice Protocol

Planning your pregnancy

Smoking

Ideally you should stop smoking completely as smoking may increase your risk of miscarriage and make your baby grow less well.

You can get advice about stopping smoking from the practice nurse. Make your appointment now!

Alcohol

Women should drink less than 21 units of alcohol per week (one unit is equal to a half pint of normal strength lager, one glass of wine or one measure of spirit). You should cut down your alcohol intake to less than this when trying to become pregnant and ideally stop drinking when you become pregnant.

Medicines

If you are taking any medicines regularly either on prescription or from the chemist or health food shop then check with the doctor if it is safe to continue them while you are pregnant.

Immunisations

Are you protected against German Measles (Rubella). You should have had an injection at school or if you have been pregnant before you will have been tested then. Check with your doctor if you are unsure. If you are not protected then you can be vaccinated up to a month before becoming pregnant.

Diet & exercise

Eat regularly & healthily. Keep a steady weight. Being under or over weight can reduce your chances of pregnancy.

Folic acid

It is recommended to take a supplement of 400 micrograms of folic acid daily when trying to conceive and until you are 12 weeks pregnant. This has been shown to reduce the chances of a baby having spina bifida.

X-rays

Should be avoided while pregnant, including the two weeks before your period when you will be unaware of your pregnancy.

Getting pregnant

For most women the time between the start of one period and the next is 28 days. In this instance you are most likely to get pregnant if you have sex on the days before and just after the middle of each cycle i.e. around day 14. Your doctor can give you further advice on getting pregnant if needed.