

## Pre-Pregnancy Planning Guide

Thinking of having a baby? Here's an essential list of things to consider before trying to conceive:



**Pre-pregnancy check-up with your GP:** This should include a discussion about Genetic Carrier Screening, now bulk-billed\* for CF, SMA, and FXS.



**Budget for having a baby:** Consider whether you want to go private, your paid leave entitlements, and what you'll need to buy for the baby.



**Start taking folic acid and iodine supplements:** These vitamins are crucial for your baby's brain and nervous system development.



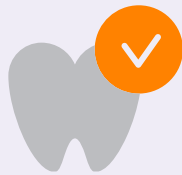
**Avoid alcohol, quit smoking, and reduce caffeine intake:** These habits can affect fertility and pose a risk to the well-being of your baby during pregnancy.



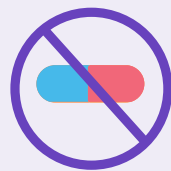
**Prioritise your mental health:** Ensure you have a strong support group and discuss your plans to conceive with your mental health professional.



**Eat well, get moving, achieve a healthy weight for you:** This will help you get in shape, enhance fertility, and support a healthy pregnancy.



**Schedule a dental check-up:** Your dental health is important, as hormonal changes can lead to gum disease and may result in prematurity.



**Stop taking the contraceptive pill:** You may become pregnant quickly, or your body may need time to adjust to its natural fertility cycle.



**Track your ovulation cycle:** Identify your 'fertile window' with pathology tests to measure the hormonal markers of ovulation or with a free app.

\*Subject to Medicare eligibility criteria.

Clinical Labs is here to support you with any pathology tests you require throughout your pregnancy journey, including Genetic Carrier Screening, Harmony NIPT, fertility and other antenatal testing.