



9339 Genesee Avenue, Suite 220
San Diego, CA 92121

858-455-7520

Preconception Counseling

There are many ways that you can help create an environment for a healthy pregnancy and safe delivery even before you conceive. We recommend that you make an appointment for a preconception visit with your doctor before you attempt pregnancy to discuss your special circumstances and health care issues. At this visit we typically discuss:

- Nutrition, including foods to avoid, caffeine, and alcohol
- Exercise guidelines
- Screening for inherited diseases
- Vitamin and mineral supplements
- Travel considerations
- Tips on the right time to conceive

Please bring a list of all medications and supplements you are currently taking with you to this visit. Your doctor can also review your risk for conditions that may affect your pregnancy and you can receive any needed vaccinations.

Women who are planning a pregnancy should take a daily multivitamin with at least 400 milligrams of folic acid.