

Preconception Health



Having a healthy baby starts before pregnancy. Preconception health and care focuses on actions you can do before pregnancy to increase your chances of a healthy pregnancy and delivery. Based on the woman's individual health, the health care provider will suggest a plan prior to the baby's arrival.

What is a preconception visit?

The pre-pregnancy check-up is a medical check-up that is done before you become pregnant. With this, the health care professional can confirm that you are in optimal health and that your body is ready for pregnancy.

Your doctor will discuss with you your medical history, family history, and/or any health conditions that the mother or father has that may affect the pregnancy and baby. He or she may also ask about any problems with previous pregnancies, medicines you are using, and steps you can take before pregnancy to prevent certain birth defects.

Lab tests your doctor may order include:

- Hemoglobin and hematocrit
- Blood type and RH factor
- Serology (Rubella, Syphilis, HIV, HBV, HCV)
- Proteinuria
- Blood sugar

Your healthcare provider will also ask about your immunization history. However, it is recommended that the rubella and chickenpox vaccines be given before becoming pregnant. In addition, if any disease, such as syphilis or HIV, is detected, it is recommended to start treatment and postpone conception until control of the disease is obtained.

Health Conditions

If the mother-to-be currently has a condition, it is important to make sure that it is controlled and continue the treatment, as indicated by the doctor, before becoming pregnant. Among the conditions are diabetes, thyroid diseases, and seizure disorders, among others.



Nutrition and Physical Activity

When planning a pregnancy, start healthy eating and be physically active.



Recommendations:

- Increase your fiber intake.
- Reduce your consumption of foods high in sugar.
- Limit meats that are high in processed fats, high in sodium, or high in cholesterol.
- Get at least 150 minutes of moderate- or vigorous-intensity aerobic physical activity per week.
- Consume folic acid.

Having the right amount of folic acid in your system, at least a month before you get pregnant and during pregnancy, can help prevent serious birth defects in your baby's brain and spine.

In addition, the weight of a person who wishes to become pregnant can also have an influence. You're more likely to have health problems during pregnancy if you're overweight or underweight. Talk to your health care provider about the ideal weight for you. Your provider will monitor your body mass index (BMI). BMI is a measure of body fat based on your height and weight. It can help determine if you need to gain or lose weight.



Mental health

Having good mental health is very important to plan the arrival of a baby. If you live in a stressful or abusive environment, mental health professionals can help you through counseling, treatment, and other support services.

Toxic Substances

Avoid toxic substances at work and at home, such as chemicals, synthetics, metals, fertilizers, insect repellents, sprays, and cat or rodent droppings.

Medications

It is important to tell your doctor about all the medicines you take. Using certain medicines during pregnancy can cause serious birth defects. Keep in mind that over-the-counter medications can also have a negative impact on pregnancy.



Alcohol and cigarettes

Not smoking, not consuming alcohol, and not using illicit drugs is vital to having a healthy pregnancy. These products can cause many problems during pregnancy for the woman and her baby.

Important:

Keep in mind that for a healthy pregnancy and baby, it is recommended that both the expectant mother and the father have medical appointments and a healthy diet at the time of conception.



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7801

APS Health 787-641-9133

References

<https://www.natalben.com/antes-del-embarazo/por-que-debes-ir-al-medico-antes-de-quedar-embarazada>

<https://medlineplus.gov/spanish/preconcepti-oncare.html>

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