



PREPARING FOR PREGNANCY

Preparation for pregnancy includes aspects of individual fertility as well as general medical and lifestyle issues.

This information sheet can tell you what general preparations you should make independently for a future pregnancy.

Please read the following recommendations carefully and make sure that you meet all the requirements. The implementation of the following individual measures is your personal responsibility.

1. daily intake of 400 micrograms of **folic acid** to prevent malformations of the central nervous system in the foetus (e.g.: open back).
Start taking folic acid at least one month in advance, but at the latest when the pregnancy test is positive. This should be done up to and including the 12th week of pregnancy.
2. an additional intake of 150 micrograms of **iodine** daily is generally recommended from the onset of the desire to have children up to 6 months after the birth. This serves to ensure adequate thyroid function during pregnancy and while breastfeeding.
Alternatively, you could also eat a portion of **cod** every week. This fish contains sufficient iodine.
CAUTION when having THYROID DISORDERS!
3. have your protection against **rubella infection** checked by your general practitioner or an external laboratory! If you are not protected, you should be **vaccinated against measles, mumps, and rubella before** becoming pregnant.
4. also have your **vaccination status checked** by your general practitioner! Please note that you will have to pay the costs of blood tests to check your vaccination status yourself. Any missing vaccinations in your vaccination record should be completed as soon as possible before you become pregnant. The **varicella vaccination and the whooping cough/pertussis vaccination are particularly important.**
5. Before and during the flu season (October to March), the influenza vaccination is recommended. A flu (influenza) infection during pregnancy can be particularly severe.
6. any **smoking** should be stopped. **Alcohol** should not be consumed.
7. If your partner has a known hepatitis B infection, we recommend that you have a **hepatitis B vaccination.**

You can also **receive all vaccinations in our practice.** Please ask me or my assistants about this. We will be **happy to organize the vaccine and an appointment.**

We look forward to accompanying you on your way to and during pregnancy.