



**Pearl W. Yee, M.D. Inc.**

Obstetrics • Gynecology • Medical Aesthetics  
Fertility • Menopause • Urinary Incontinence  
Advanced & Minimally Invasive Female Surgery

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## ***Preconception Planning Recommendations***

All women would benefit from optimizing their health and reducing risk factors before pregnancy.

1. One month before you become pregnant, supplement your diet with **Folic Acid 1 mg/d.** This reduces neural tube defects like spina bifida and anencephaly.
2. One month before you become pregnant, supplement your diet with **omega three fatty acids** which are essential for neural development. (FDA recommends for all pregnant women.)
3. Women with diabetes should have excellent control before conception and throughout pregnancy to reduce miscarriages, malformations, large babies, fetal death and neonatal complications.
4. Treat and control any medical condition. Keep Tylenol available to treat any fever over 101°F particularly in the first 12 weeks of pregnancy.
5. Update your immunization history
6. Avoid medications and radiation exposure in early pregnancy; inform us if you are on any over-the-counter antihistamine, diet pill, Aspirin, Accutane, ACE inhibitor or use any implant or IUD for birth control.
7. Assess your nutritional status; particularly if you are at risk for iron deficiency or inadequate calcium and vitamin D. Assess the adequacy of your diet and or supplement sources for vitamins.
8. Ask about your family medical history in regards to any *genetic risk*. Inform us if you have a family history of: Diabetes, hypertension, epilepsy, twins, congenital defects, mental retardation, thalassemia, Tay-Sachs disease, sickle cell anemia, hemophilia, all anemias, muscular dystrophy, cystic fibrosis Huntington's chorea, fragile X syndrome.
9. Stop all smoking, alcohol consumption, substance use, and any high-risk behaviors
10. Assess any excessive Mercury consumption or occupational (radiation or lead exposure) or environmental exposures; inform us if you have had cats or rodents, which includes hamsters.
11. Assess social support systems, special religious practices or restrictions, social or work related stressors and address any mental health issues.

**Before** and during pregnancy you need **Folate**, also called **Folic acid**:

Folate is a vitamin that lowers your chances of having birth defects and helps the baby's spine and brain to grow. Many foods are fortified with folic acid (several cereals, bread, Rice, flour, cornmeal and pasta.) Beans and lentils are the best vegetable source of folate. Nuts like almonds, peanuts, sunflower seeds and walnuts are also high in folate. Follow the preventative health recommendation of 5 servings of fruits and vegetables every day (orange juice, oranges, pineapple, cantaloupe, bananas, avocados, broccoli, asparagus, spinach and dark green lettuce, all preferably not over cooked.

The FDA recommends a minimum of 400 mcg of folate per day; which is found in one cup of orange juice or 3/4 cup of broccoli. Patients planning pregnancy can carefully monitor their daily food intake of Folate or add a supplement of Folic acid 1 mg a day to assure adequate absorption.

Please circle if you have any of the following *Personal habits*:

**Strict vegetarian diet, history of fasting, on the weight loss program, history of long distance running or strenuous exercise, garden, take sedatives or sleeping pills, use illegal drugs, drink alcohol, or smoke.**

Please circle if you have any of the following *Medical problems*:

**Diabetes, hypertension, epilepsy, anemia, allergies, hospitalizations, transfusions, accidents, major illnesses, phlebitis, cardiac disease, rheumatic fever, hepatitis, thyroid, varicosities, use an IUD or birth control pills, urinary tract infections, STDs, HSV in, the patient or partner, or had an obstetrical history of complications like preterm labor, multiple miscarriages, ectopic pregnancy or infertility.**

Patient Sig X \_\_\_\_\_ Date: \_\_\_\_\_

Patient Printed: \_\_\_\_\_ Reviewed: \_\_\_\_\_

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