

trying to conceive checklist

The best first step you can take is booking an appointment for a preconception health check with your GP. If you are trying to conceive with a partner, we recommend they also book in with their regular GP for a preconception health check up.

Here are some things to consider:

- ☐ discuss your vaccination status, if required
- ☐ ensure your medications are safe for pre-conception and pregnancy (chat to your GP)
- ☐ if relevant, seek help with quitting smoking
- ☐ discuss your [alcohol consumption](#) and strategies to reduce this prior to conception
- ☐ discuss with your GP relevant tests you may need such as blood typing etc, depending on your unique medical and family history
- ☐ optimise your general health and wellbeing, you may be referred to another healthcare professional for advice
- ☐ start discussing a [pre-pregnancy supplement containing at least 500 mcg folic acid and 150 mcg iodine](#)
- ☐ reduce [caffeine intake](#) to a maximum of 2 single shots of espresso (takeaway) per day or equivalent
- ☐ establish a regular exercise routine
- ☐ discuss maintaining a healthy weight, if required.
- ☐ swap [disposable and plastic water bottles and containers \(especially that you reheat your food in\)](#) for glass, ceramic or stainless steel containers instead.
- ☐ ensure any of your medical conditions are well-managed in coordination with your health care team
- ☐ have your blood pressure checked by your GP
- ☐ for females, check if your cervical screening test is up to date (formerly known as a pap smear)
- ☐ speak with your GP and pharmacist about transitioning off contraceptives (if relevant)
- ☐ get a dental health check with your dentist
- ☐ if required, assess your private health insurance policy.

when to seek further help:

If you are a female aged under 35 and have been trying to conceive ([defined as unprotected sex](#)) for at least 12 months without a pregnancy, it is time to seek a referral from your GP to a fertility specialist.

If you are a female aged 35 or over, and you have been trying to conceive for at least 6 months without a pregnancy, it is time to seek a referral from your GP to a fertility specialist.

Consider requesting a referral to a fertility specialist sooner if you have any concerns regarding your fertility as an individual or as a couple.

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