

having a preconception checkup

A preconception checkup is a smart move, particularly if this is a first baby or there are any underlying health concerns, such as polycystic ovary syndrome or obesity. You will want to see an obstetrician, or—if you are concerned about your fertility—a reproductive endocrinologist.

These are some questions you need to ask:

Am I at risk for any problems?

Are there any health issues I should take care of before trying to conceive?

Is my weight okay?

Do you recommend genetic testing?

Are all my immunizations up to date?

Are all my medications safe? If not, what can I do or take instead?