

**Evita GyneCare Clinic**

evitagynecarehospital.com

## **Preconception Readiness Self-Check**

Self-awareness only. Use this before trying to conceive or planning pregnancy.

**Tick what applies:****Health basics**

- I know my last period date and typical cycle length.
- I take (or plan to start) folic acid.
- I want to check anemia and thyroid if needed.
- I have a plan for nutrition, sleep, and exercise.

**Medical & medicines**

- I have diabetes/thyroid/BP/asthma/epilepsy or long-term conditions.
- I take regular medicines (including supplements).
- I use tobacco/alcohol (I want support to reduce/stop).

**Vaccines & infections**

- I'm unsure about rubella/varicella vaccine status.
- Recent fever/rash illness or high-risk exposure.

**Quick notes (fill in):**

Planning timeline:  now

3-6 months  later

Known conditions:

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Current medicines:

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**Book a check-up if ANY apply:**

- Any long-term condition or regular medicines.
- History of miscarriage, ectopic, or cesarean complications.
- Irregular cycles, significant pain, PCOS/endometriosis symptoms.
- Age 35+ and planning pregnancy (optimize early).

**Urgent care today if:**

- Possible pregnancy + pain/bleeding.
- Severe abdominal pain or fever.
- Any urgent safety or mental health concerns.

**A calm, planned start can change the whole pregnancy journey.**

Bring this page and say:  
“We’re planning pregnancy and want a safe preconception check-up.”

Important: Self-awareness only.  
This does not confirm a diagnosis.

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## **Preconception Readiness Self-Check**

### **(visit prep)**

Bring this page to help your doctor plan the right evaluation.

#### **Bring / note these:**

- List all medicines/supplements and doses.
- Past pregnancy outcomes and surgeries.
- Lifestyle: sleep, exercise, tobacco/alcohol use.
- Family history: diabetes, BP, thyroid, genetic disorders.
- Vaccination records if available.

#### **What your clinician may do:**

- Review conditions/medicines for pregnancy safety.
- Advice on folic acid and targeted tests based on risk.
- Lifestyle plan and cycle/ovulation guidance.
- Plan for early scan and follow-up milestones.

**You deserve clarity - and you deserve respectful care.**

To book: [evitagynecarehospital.com](http://evitagynecarehospital.com)