

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:

Current medicines:

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