

Preconception Testing | Kaiser Permanente

[Music]

So if a woman is thinking about getting pregnant, I always have the conversation looking at if there are any pre-existing medical conditions.

We do recommend pre-conception testing before you get pregnant just to make sure you're as healthy as you can be before you start a pregnancy.

That can be things like blood work, having a full physical examination, testing for STD's, testing for anemia, cholesterol, testing for communicable diseases that could affect the pregnancy.

Actually just prior to our wedding, my doctor and I started talking about things that we could do just to make sure that I am at my best if we do get pregnant.

Mostly we're focusing on your general medical health, making sure you're not anemic before pregnancy, making sure your cholesterol is normal, making sure you're immune to certain communicable diseases which could cause problems in your pregnancy.

If those elements are controlled prior to conception, it means a healthier outcome.

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[End recording]