

# DR VICKI NOTT

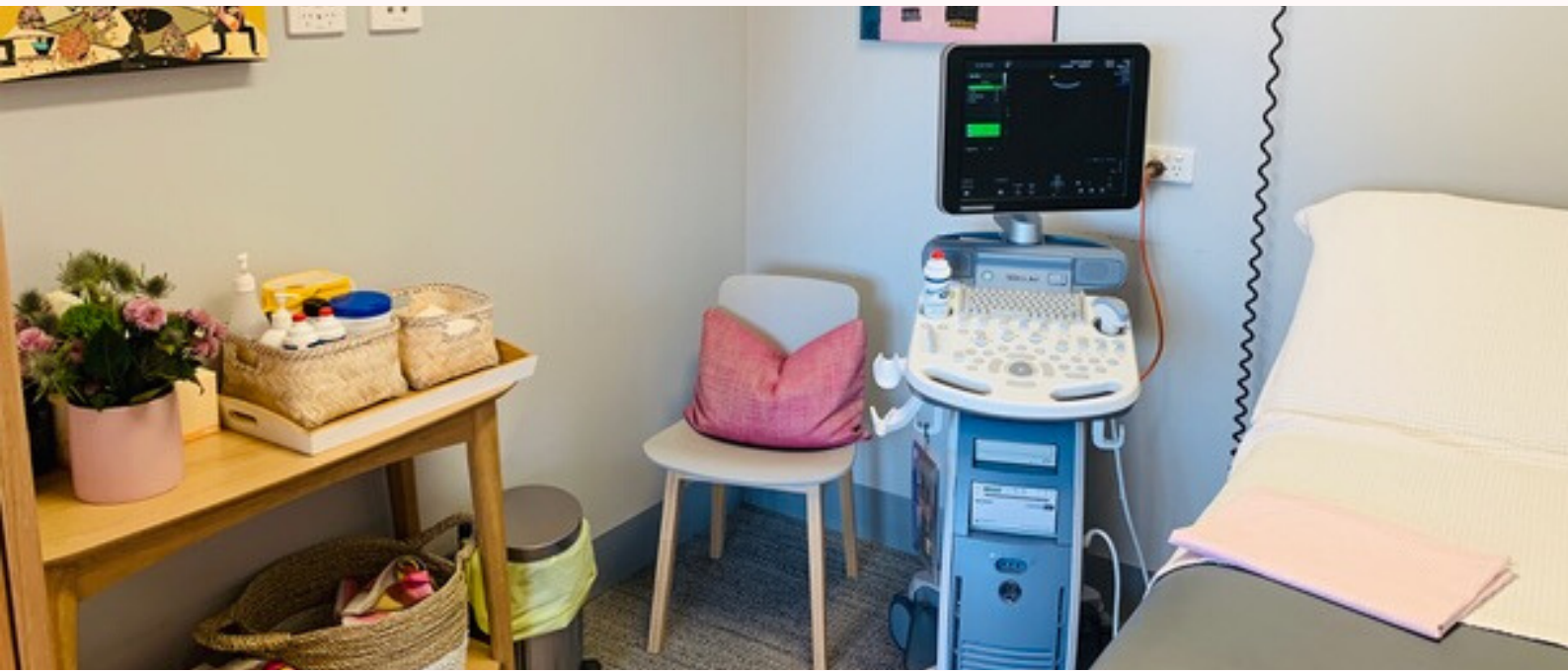
## YOUR PRE-PREGNANCY CHECKLIST



### Your General Health

If you're planning to have a baby, here's a list of things to do before you get pregnant.

- Make sure your pap smear is up to date.
- Try to maintain a normal weight. It's safe to lose weight gradually if your BMI is over 25. Being underweight can also be a problem. Your GP or I can refer you to a dietician if you need extra help.
- Eat a balanced diet – good food is better than multivitamins.
- It's sensible to limit coffee/caffeine containing drinks to 200mg or less (equivalent to 2 espresso shots) per day
- If you're not already exercising, now would be a good time to start a program. You could start with half an hour of brisk walking each day, and take up yoga or pilates. Strength training is also great.
- Stop smoking, and that includes your partner/other family members. Get help at [www.quit.org.au](http://www.quit.org.au)
- Reduce alcohol intake in preparation for trying to avoid alcohol altogether during pregnancy.
- Don't take any illicit drugs
- Check any prescription drugs you are taking with your GP, some may be unsafe in pregnancy
- Make sure your dental checkups/cleaning are up to date
- Find yourself a good family GP.



## Pregnancy specific planning

- Take a folate supplement (400 micrograms or more). It's best if you can be taking this at least a month before you conceive, to reduce the risks of birth defects.
- Have your GP check that you are immune to chicken pox, rubella and measles
- Get your fluvax every year (even if you are already pregnant; it's safe and protects you and your baby).
- Consider getting genetic testing done, it's possible to carry serious diseases even if there's no family history
- Learn about CMV precautions in pregnancy; CMV is the highest cause of developmental delay in children in Australia.
- Know the foods to avoid.
- Avoid holidays to Zika Virus endemic areas. The risk persists even after you return home.
- Make sure your health insurance is adequate for birth in a private hospital.
- Be careful around cats, avoid or use gloves to change the cat litter and always wash your hands before you eat.

**My philosophy of birth is to get to know you, listen to your preferences and decide together on the birth that will suit you and your baby best. - Dr Vicki Nott**

## SEEK HELP SOONER IF:

- You have a history of medical disorders, such as diabetes, high blood pressure, blood clotting, transplant, epilepsy.
- You have a personal or family history of serious genetic conditions.
- You have been trying for more than six months, or are over the age of 35yo.
- Your menstrual cycle is very irregular.
- You've had a history of PID, ruptured appendix, major abdominal surgery.
- Your partner has a history of undescended or twisted testes, hernia, varicocoele or is on meds for ulcerative colitis or is taking anabolic steroids.

## ONCE YOU'RE PREGNANT!

Woohoo!

Book in for your first appointment at 8-9 weeks gestation and see your baby on the ultrasound. **You'll get your baby's first photo.**



### DR VICKI NOTT

Provides personalised care for women throughout their pregnancy and birth and is qualified to look after both uncomplicated and high-risk pregnancies.


A highly trained specialist in both Obstetrics and Gynaecology, Vicki chooses to concentrate on looking after pregnant women and couples planning a baby or having trouble conceiving.

Vicki welcomes new patients to call for an appointment to discuss any issues relating to pregnancy or who have any questions about getting pregnant.

## MAKE AN APPOINTMENT

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