

Your Reproductive Life Plan

What is a reproductive life plan?

A reproductive life plan is your personal set of goals about having (or not having) children. It also helps you plan your future health.

Why do I need one?

It is important to have a reproductive life plan so that you can:

- Meet your goals of how many children to have and when
- Make sure that your future children will be healthy
- Avoid getting pregnant when you are not ready for children
- Make sure that you are healthy for your future

If you have chronic conditions such as diabetes or hypertension, or if you are overweight, it is especially important to take care of your own health before and during pregnancy to ensure that you can have healthy children in the future.

Remember that any information you share is confidential. You may want to use this to discuss with your partner.

Chronic Disease and Pregnancy Survey

Parenthood Goals

The following questions will help you develop a reproductive life plan with your doctor.

Parenthood Plans

Do you want to have children in the future?

If so, how many children do you want to have?

At what age do you want to have children?

Birth Control

Do you use any form of birth control to prevent pregnancy (such as condoms or birth control pills)?

What is most important for you when choosing a birth control method? (Easy to use, effective, long-lasting, inexpensive...?)

If you get pregnant anyway, what do you plan to do?

Sexual Health

Have you ever been tested for HIV/AIDS or other sexually transmitted infections?

Steps I can take to help meet my parenthood goals: (example: I will talk to my doctor about birth control)

1. _____

2. _____

Current Health and Medications

Some medications may not be safe to take during pregnancy. You should make sure that your doctor knows what prescription drugs or supplements you take so you can plan to have a healthy baby.

Conditions and Medications

What medical conditions do you have?

- *Diabetes?* _____
- *Hypertension?* _____
- *Overweight?* _____
- *Other conditions?* _____

What medications do you currently take? Think about both prescription medications as well as over-the-counter drugs and herbal supplements.

After going over this list with your doctor, make a note of any drugs that may not be safe to take during pregnancy below. Together, you and your doctor can form a plan around changing medications if needed.

Medications that are not safe to take during pregnancy:

1. _____

2. _____

3. _____

Pregnancy History and Vaccinations

Pregnancy History

Have you had any of these problems with pregnancy in the past:

- *Baby born prematurely or too early?* _____
- *Baby who weighed less than 5 pounds, 8 ounces (2495 gm or 2.49 kg)?* _____
- *Difficulty having children (infertility)?* _____
- *Other pregnancy-related problems?* _____

Vaccinations

Have you had these vaccinations:

- *Measles, Mumps, and Rubella (MMR)?* _____
- *Varicella (Chicken Pox)?* _____

Vaccinations I need:

1. _____

2. _____

Personal Safety

Is there anyone in your life who physically or emotionally hurts you?

Lifestyle and Health

Habits and Lifestyle

- *Do you smoke?_____*
- *Do you ever binge drink (drink in order to get drunk)?_____*
- *Do you use recreational drugs?_____*
- *Do you diet or overeat excessively?_____*

Good Health Habits

- *Get 6-8 hours of sleep every night*
- *Exercise regularly*
- *Eat plenty of fruits and vegetables*
- *Visit the doctor and the dentist regularly*
- *Get tested for sexually transmitted infections*

Three important steps I can make to improve my health:

1. _____

2. _____

3. _____

Managing Your Diabetes

Diabetes and Pregnancy

If you have diabetes, it is very important for you to control your blood sugar, especially if you are pregnant or might become pregnant.

Having blood sugar that is too high can cause problems during pregnancy. High blood sugar can lead to:

- The baby growing too large before it is born
- The baby being born too early (prematurely)
- The baby being born with a birth defect

If you carefully control your blood sugar during pregnancy, you can avoid these risks.

Diabetes Management

How do you currently manage your diabetes?

What was your last A_{1C} level?

What is your A_{1C} goal?

Three things I can do to help manage my diabetes:

1. _____

2. _____

3. _____

Managing Your Blood Pressure

Hypertension (High Blood Pressure) and Pregnancy

If you have hypertension, it is very important for you to let your doctor know if you are trying to become pregnant or might be pregnant. This is because:

- Some blood pressure medications are not safe to take during pregnancy
- You may be at risk for developing a type of pregnancy-related hypertension called preeclampsia, which could be dangerous for you and for your baby

If you are not trying to get pregnant, it is important to understand that some birth control methods can increase your blood pressure. Be sure to check with your doctor to make sure that any birth control you are using is safe for you.

Hypertension Management

How do you currently manage your hypertension?

What was your last blood pressure measurement?

What is your blood pressure goal?

Are the medications you take for your hypertension safe to take if you get pregnant?

Are you taking using any type of birth control that could increase your blood pressure?

Three things I can do to help manage my blood pressure:

1. _____

2. _____

3. _____

Managing Your Weight

Overweight/Obesity and Pregnancy

It is important to manage your weight as well as you can if you plan to get pregnant in the future. There are two main reasons for this:

- Being overweight can make it harder to get pregnant
- Being overweight can increase the risk of problems during pregnancy, such as premature birth (when the baby is born early) or birth defects.

By taking steps to manage your weight, you can reduce the risks that you will have problems during pregnancy.

If you are not trying to get pregnant, it is important to know that some birth control methods (such as pills) may not work as well if you are overweight or obese. Check with your doctor to make sure that any birth control method you are using is right for you.

Weight Management

How do you currently manage your weight?

How much do you weigh now?

What is your weight goal?

Birth Control

If you are not trying to get pregnant, are you using an effective method of birth control?

Three steps I can take to help manage my weight:

1. _____

2. _____

3. _____