Pre-Pregnancy Tune-Up: Predicting Success and Avoiding Liability

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Educational Objectives

- Participant will be able to describe pre-pregnancy counseling and lifestyle modification
- Participant will be able to describe optimization of natural fertility
- Participant will be able to describe the history and age based evaluation
- Participant will be able to describe appropriate genetic screening prior to pregnancy
- Participant will be able to provide overview of fertility treatment options

Outline

1. Lifestyle and Reproductive Health
   - Weight
   - Diet
   - Exercise
   - Smoking Cessation
   - Medication and Supplements

2. Optimizing Fertility
   - Age
   - Sexual Activity
     i. Coital practices
     ii. Frequency
     iii. Lubricants
   - Fertility Window

3. Potential Pre-Pregnancy Evaluation
   - Thyroid Function
   - Ovarian Reserve
   - Unnecessary Testing

4. Pre-pregnancy genetic screening
   - Carrier screening
   - Fragile X
   - PGS / PGD
5. Fertility Treatment Options

- Timing
- Lifestyle Modification
- Surgery
  i. Laparoscopy
  ii. Hysteroscopy
  iii. Laparotomy
- Ovulation Induction / Super-Ovulation
- In Vitro Fertilization

Select References

- Optimizing Natural Fertility: A Practice Committee Opinion. American Society for Reproductive Medicine: Fertil Steril 2015;100(3)
- Microarrays and Next-Generation Sequencing Technology: The Use of Advanced Genetic Diagnostic Tools in Obstetrics and Gynecology. ACOG Committee Opinion Number 682, December 2016
- Perinatal Risks Associated With Assisted Reproductive Technology. ACOG Committee Opinion Number 671, September 2016
- Identification and Referral of Maternal Genetic Conditions in Pregnancy. ACOG Committee Opinion Number 643, October 2015
- Ovarian Reserve Testing. ACOG Committee Opinion Number 618, January 2015
- Primary Ovarian Insufficiency in Adolescents and Young Women Committee Opinion Number 605, July 2014