

PRECONCEPTION SCREENING

Pregnancy Prep! Make healthy choices before pregnancy!

Includes:

a. Preconception care counselling/ assessment by doctor

1. Contraception till ready for pregnancy
2. Assessment of hereditary genetic conditions and related health risks
3. Lifestyle counselling
4. Review and restriction of harmful substance/ medications/ supplements
5. Folic acid and iron supplements
6. Vital signs/ Waist circumference/ BMI and physical examination including breast examination
7. Review of medical report

b. Vaccination

1. Vaccination assessment and counselling
2. Vaccination options:
 - a. Hepatitis B
 - b. Measle, mumps, rubella
 - c. Varicella

c. Investigations

1. Recommended investigations

- a. Full blood count (FBC)
- b. Blood grouping
- c. Fasting blood glucose (if needed oral glucose tolerance test)
- d. Thyroid stimulating hormone (TSH)

2. Optional (in addition to the above)

a. Antenatal Profile E1 (An5A): (RM89.90)

- i. Full blood count (FBC)
- ii. Blood grouping (ABO/Rh)
- iii. Screen for syphilis- VDRL +/- TPHA
- iv. Hepatitis Bs Ag/Ab
- v. Rubella IgG
- vi. HIV Ag/Ab

b. HPV Primary screening (HPVLBC) (RM160.00)

3. Basic in-clinic female pelvis USG