



PLANNING PREGNENCY - TO DO LIST

Planning a pregnancy?

Get prepared by getting your preconception health check.

Preconception tests includes

Blood and urine tests -

1. IGG against rubella
2. ELIZA for VZV
3. CBC
4. Blood group and antibody screen
5. Syphilis serology
6. Hepatitis B,C and HIV
7. Mid stream urine routine and microscopic
8. Pap smear
9. Vitamin D and B12 levels
10. Hämoglobin electrophoresis for thalaseemia
11. Iron studies
12. TSH thyroid test
13. Ultrasound of the pelvis with transvaginal scan