American Heart Association.

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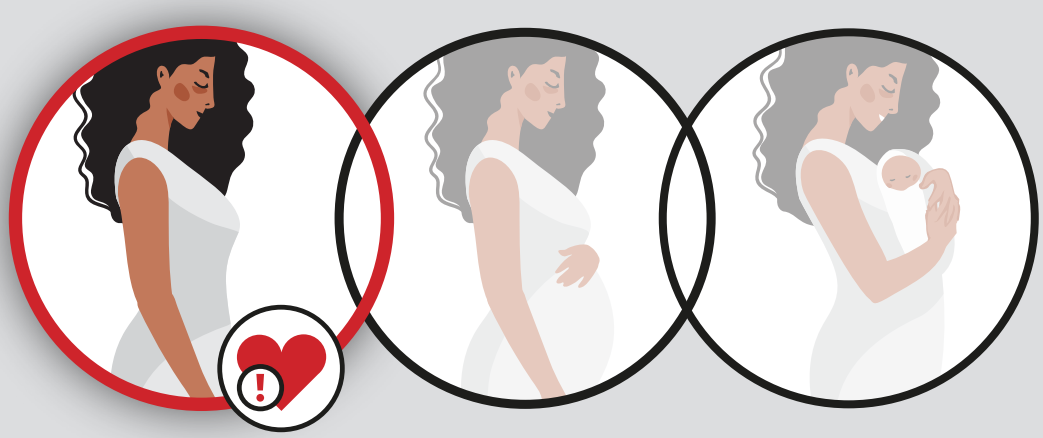

PRE-PREGNANCY PLANNING CHECKLIST
FOR WOMEN WITH EXISTING CARDIOVASCULAR-RELATED CONDITIONS

If you are thinking of becoming pregnant and have an existing cardiovascular-related condition or history of heart-related events, you should have a conversation with your health care professional first. This can help keep you and your baby safe and healthy during pregnancy.

Here are some questions you can take to your next appointment with your health care professional.

IF YOU HAVE:

High blood pressure

- How does high blood pressure impact my health? How could it impact my baby's health?
- Is it safe for me to get pregnant with my current blood pressure?
- What problems could happen if I have high blood pressure while pregnant?
- What should my numbers be before I get pregnant?
- What can I do to help lower my blood pressure?
- What blood pressure medications are safe to take if I become pregnant?

A general pre-existing cardiovascular-related condition

- What are my risk factors that I need to be aware of before becoming pregnant?
- Am I healthy enough to become pregnant?
- How will my care or delivery be different because of my condition?
- Will I need to see any specialists? If so, how will you all work together?
- Will I be able to carry my baby for the duration of the pregnancy. Is there a chance I may have to deliver early?
- What else should I know before I become pregnant?

A congenital heart defect (CHD)

- How does my CHD affect me or my baby during pregnancy?
- Is it safe for me to get pregnant with my CHD?

- How will my care be coordinated with my cardiologist?
- Is my baby at a higher risk of developing a CHD?

Type 1 or Type 2 diabetes

- How can diabetes affect me or my baby during pregnancy?
- Is it safe for me to get pregnant with diabetes?
- What additional risks or complications could my diabetes cause?
- What should my A1C reading be before I get pregnant? How can I best reach that?
- Are my medications safe to take if I become pregnant?
- Will I need more or less insulin during pregnancy?
- What are some things I can do to control my diabetes prior to getting pregnant?

IF YOU HAVE HAD:

A heart attack or cardiac arrest

- Could pregnancy lead to another heart attack or cardiac arrest?
- Is it safe for me to get pregnant?
- What problems could my history of (heart attack/cardiac arrest) cause?
- What can I do to prevent another (heart attack/cardiac arrest)?
- If I get pregnant, how will I be monitored?
- How will my care be coordinated with my cardiologist?
- Are my medicines safe to take if I become pregnant?

A stroke

- Could pregnancy cause another stroke?
- Is it safe for me to get pregnant?
- What problems could happen because I have had a stroke before?
- What can I do to prevent another stroke?
- If I get pregnant, how will I be monitored?
- How will my care be coordinated with my neurologist and/or cardiologist?
- Are my medicines safe to take if I become pregnant?

Heart failure (cardiomyopathy, peripartum cardiomyopathy)

- Could pregnancy make my condition worse or lead to other complications?
- Is it safe for me to get pregnant?
- What problems could happen because of my heart failure?
- If I get pregnant, how will I be monitored?
- Are my medicines safe to take if I become pregnant?

Depression, anxiety or other mental health conditions

- How can depression, anxiety, or stress affect me or my baby? If I get pregnant, how will I be monitored?
- Are my medicines safe to take if I become pregnant?

If you have any other conditions or general concerns, talk to your health care professional. They can help you manage your condition before and during pregnancy.

DURING A PREVIOUS PREGNANCY, IF YOU HAD:

High blood pressure during pregnancy (gestational hypertension, preeclampsia, eclampsia)

- How does my gestational (hypertension/preeclampsia/eclampsia) affect me or my baby in my next pregnancy?
- What are the chances I'll have (gestational hypertension/preeclampsia/eclampsia) again?
- What can I do to lower my risk before and during pregnancy?
- If my blood pressure is normal now, does that mean I'm less likely to get it again?
- If I get pregnant, what tests or monitoring will I need to watch for these conditions?
- If I get pregnant, what should I look for?

General cardiovascular-related complications

- Have my risk factors changed since my last pregnancy?
- Am I healthy enough to become pregnant again?
- How will my care or delivery be different from my last pregnancy?
- Have treatments for my condition changed?
- Will I need to see any specialists? If so, how will you and the specialists coordinate my care?
- Will the tests I need be the same as they were previously?
- Will I be able to carry my baby for the duration of the pregnancy. Is there a chance I'll have to deliver early?
- What else should I know before becoming pregnant?

Gestational diabetes

- How can gestational diabetes me or my baby?
- What are the chances I'll have gestational diabetes again?
- What can I do to lower my risk before and during pregnancy?
- If I get pregnant, when will I be tested for gestational diabetes?
- If I get pregnant, what should I look for?

To learn more, visit **goredforwomen.org/pregnancy**
and have a conversation with your health care professional.

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