

Three months before you try

Six things to do together, in order.

Three months is how long folic acid should run before you conceive.

Step one: book the check for both of you

A polyclinic for the thalassaemia test and any catch-up vaccine.

A private hospital package if you want it all in one visit.

Ask the hospital if a thalassaemia test for both of you is included.

Step two: start folic acid

At least 400 mcg a day, or 5 mg, from three months before conception until week 12.

Ask your doctor which amount suits you.

Step three: check your vaccines

Make sure you are immune to rubella, chickenpox and hepatitis B.

Some vaccine courses take longer, and are safer given before a pregnancy.

Step four: decide on PREDICT

KKH's genetic carrier screen tests both of you, free from 2024 to 2027.

Email carrierscreening@singhealth.com.sg or WhatsApp 6394 3998.

Step five: bring any long-term condition under control

A condition needs time to be brought under good control before a pregnancy. Bring your list of regular medicines to the check.

Step six: look at weight and habits

If you are overweight, aim to lose at least 5% of your weight before pregnancy.
Avoid smoking and alcohol, and manage stress.

After a positive test

Book the visit that confirms the pregnancy and starts your antenatal care.