



Checklist during contraception and before child's wish

Even in the time of contraception, one should think of later children's wishes

Even if the idea of family planning is still in the far distance, one should think of the preparations

1. Ingestion of B vitamins, vitamin D and calcium, iron, iodine and selenium

Blood loss (also regular bleeding), vitamin-poor diet, anti-baby pills and nicotine - why it makes sense to take together with anti-baby pills also B vitamins, vitamin D, calcium, iron, iodine and selenium:

Of course, the fresh vitamins taken from the fruits and vegetables are the best I would recommend. Unfortunately, we do not always provide optimal with fresh fruit and vegetables. Especially smokers have a particularly high demand for B-vitamins!

Important trace elements, such as selenium are not adequately contained in food because of intensive agriculture and food preservation.

B vitamins protect the heart and circulation, strengthen the immune system and reduce **homocysteine**, which is the cause of the malformations (clefts, open back, heart defects) in the newborn, but also arterial lime, osteoporosis (brittle bones in old age) and dementia. The need for B-vitamins is increased by blood losses (also regular bleeding), vitamin-poor diet, anti-baby pills and nicotine.

In many women there is an iron deficiency due to bleeding or nutrition, which is very difficult to compensate in a later pregnancy, since the need for pregnancy is particularly increased.

Familial inclination, dark skin, living in northern regions: Vitamin D deficiency is very common and affects the immune system.

- Every woman taking anti-baby pills should take 400µg of folic acid and other B vitamins daily. This is particularly true for smokers.
- An iron deficiency should be balanced even before a later child's wish.
- A vitamin D deficiency should be balanced in accordance with the season and always together with calcium.

2. A well-adjusted thyroid

A deficiency of iodine and selenium often causes malfunctions of the thyroid gland. This is a common cause for menstruation disorders and later also for miscarriages and premature births. Therefore every malfunction should be adjusted and checked further.

- Every woman taking the anti-baby pill should take 200 µg of iodine and selenium daily.

3. Complete vaccination protection

For vaccination with live vaccines, one month of pregnancy should be avoided. Therefore, these vaccinations should be completed before child's wish (measles, mumps, rubella, chickenpox).

Vaccinations with live vaccine

- Two vaccinations against measles, mumps and rubella** - 1 month after vaccination, pregnancy should be avoided.
- The proof of sufficient rubella protection is not necessary** - if two vaccinations have been carried out.
- Chickenpox protection** is particularly important in pregnancy. Caution: A suffering chickenpox in the past does not always ensure safe immunity - this can only be achieved by inoculation.

Vaccinations with dead vaccine

Vaccinations with dead vaccine are allowed in pregnancy. Who does not like vaccinations in a pregnancy should have already done this before.

- Every 10 years a vaccination against tetanus and whooping cough after 18 years of age** - pregnant women and all related family members (also becoming grandparents!) Should be vaccinated against whooping cough to protect the newborn from pertussis.
- 3 vaccinations against hepatitis B** - can also be carried out during pregnancy during planned trips to risk areas (long-distance trips). Even when traveling in Mediterranean countries think of hepatitis A (travel vaccination)!