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PLANNING A PREGNANCY

1. Prior to conception, take a multivitamin with at least 0.4mg of folic acid each day. This is to prevent spina bifida birth defects.
2. Avoid any alcohol, x-rays, or medications-over the counter or prescription, unless it's Tylenol or vitamins. Call the office before taking anything else.
3. Avoid eating rare or undercooked meat and avoid contact with cat litter boxes.
4. If you need any dental work, do it prior to getting pregnant, during your period, or just after your period before ovulation has occurred. Ask for a lead apron shield when having any x-rays.
5. Find out if you are, or are not, immune to Rubella (German Measles) prior to pregnancy. It causes birth defects. Vaccination can be given only when not pregnant. Birth control measures should be used for 3 months after vaccination to prevent pregnancy during this time.
6. If you are 35 years old, or close to turning 35, discuss the risk of babies with abnormal chromosomes due to maternal age, with your physician.
7. Please read information available on Cystic Fibrosis screening and let us know if you desire testing before you get pregnant.

If you have any chronic medical problems such as high blood pressure, diabetes, lupus, thyroid disease, etc., please discuss this with your physician prior to pregnancy.