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Naturheilverfahren (D) – Ernährungsmedizin (D)

Subject Fertility Treatment

Dear fertility pair,

You are planning for more than a year to become pregnant! In this desire my practice team and I want to support you. We want to accompany you on this path like. Timely advice is security. To identify risks means risks can be able to avoid. Bring about your vaccination certificate for advice.

Through examination of the blood can be determined whether or not you have enough antibodies against certain diseases that could harm the baby in the womb. Of particular importance is the protection against rubella and chickenpox. Rubella or chicken pox during pregnancy can have serious health consequences for the baby. Show the tests that you have never been diagnosed as rubella or chickenpox, have therefore formed no antibodies against it, it is high time for a vaccination. In menstrual cycle of vaccinations you should not become pregnant, this applies to all vaccinations with live vaccines from safety.

Even after the pathogenic agents responsible for other infectious diseases should be possibly looked for blood testing (cytomegalovirus and fifth disease) in order to counter risks precaution. This is especially true if you have personal, family or professional contacts to small and / or school children.

With the beginning of pregnancy, you should continue to have knowledge about the prevention of toxoplasmosis and listeriosis.

If you have acute or have chronic health problems, such as diabetes, hypertension, thyroid dysfunction, or suffering from diseases of the heart, kidneys and liver, you should discuss before pregnancy with the gynecologist / gynecologist this already.

Maybe the drug treatment in view of the unborn namely needs to be changed. In drugs which are not absolutely necessary, you should now best refrain entirely.



Questionnaire for fertility treatment of Mrs. xxx

Please bring this questionnaire and already existing findings for consideration.

Do you take folic acid?

Have your partner a semen analysis performed, what was the result?

Since when you desire to have a children (month / year)?

How long is a menstrual cycle (for example, 28 days)?

Are you married?

Takes your partner any medications?

Does your partner ever raised a child (possibly in another partnership)?

Do you or your partner make shiftwork, or have meetings only at the weekend?

How often do you have intercourse in the month?

Are any operations in your abdominal cavity have performed (for example, also appendix)?

Have you had abdominal or bladder infections?

Have you ever had a chlamydia infection?

Are you or your partner smoking?

A hormone profile has already been performed once?

Has your ovulating been proved?

Is the patency of the cervix for the sperm of your partner investigated?

Is the continuity of your fallopian tubes ever investigated?

Are you immune against rubella, chickenpox, cytomegalovirus, fifth disease?