

# Reproductive Planning Quick Conversation Guide

## A 60-SECOND TOOL FOR ROUTINE VISITS

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Many routine clinical encounters provide opportunities to discuss reproductive planning. Asking a few brief, open-ended questions can help patients reflect on their reproductive goals and identify areas where additional support or information may be helpful.

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### CONVERSATION PROMPTS FOR CLINICIANS

1. Start with reproductive goals

*"Would you like to become pregnant in the next year?"*

2. Explore knowledge and readiness

*"What do you already know about preparing for pregnancy?"*

Identify health priorities:

*"Are there any health concerns or questions you have about future pregnancy?"*

3. Assess current health behaviours

*"What are you already doing to take care of your health?"*

4. Ask about support systems

*"Who is in your circle of support as you think about pregnancy or parenting?"*

5. Offer support and next steps

*"How can I support you in reaching your reproductive health goals?"*

**CLINICAL PEARL: Routine Visits Are Opportunities for Preconception Care.** Brief conversations about reproductive goals can help identify health risks early and support informed decision-making about pregnancy and family planning.

### WHEN TO EXPAND THE CONVERSATION

Consider additional counselling if patients:

- Express interest in pregnancy
- Have chronic medical conditions
- Report substance use
- Have limited social support
- Have questions about fertility or pregnancy timing
- Are taking medications that may affect pregnancy