



Video Transcript: Preconception Services and Hypertension

Narrator: Preconception Services and Hypertension, RHNTC, the Reproductive Health National Training Center.

Dr. Reagan: Hello Jackie, it's so good to see you again. What brings you in today?

Jackie: Hi Dr. Reagan. I'm here because I'm thinking about having my implant removed. I think I might wanna try to get pregnant in the next year.

Dr. Reagan: Ooh, that's really exciting. And I'm happy to remove the implant whenever you're ready. Let's start by discussing your blood pressure. It was a little high today.

Jackie: Yeah, I forgot to take my blood pressure medication this morning.

Dr. Reagan: And how has your blood pressure control been going overall? It's fine overall. Sometimes I forget to take my pill when I'm trying to get the kids ready for school in the morning or get myself out the door for work.

Dr. Reagan: Yeah, I can totally understand that challenge. Have you set a reminder for yourself? Some people find that really helps them to remember to take their medication every day.

Jackie: I've actually been meaning to set a reminder on my phone, I'll do that.

Dr. Reagan: Perfect, and I'd like to discuss the medication that you're taking. The medication that you're on right now could cause birth defects if you were taking it when you were to become pregnant.

Jackie: Okay, so I should make an appointment with my primary care provider to talk about what medications are still safe for me to keep taking if I get pregnant? Their office is so busy, sometimes it's hard to even get through to make an appointment.

Dr. Reagan: We're happy to help you make an appointment.

Jackie: Yeah, that would be really helpful. And then I can just come back here when I'm ready to have my implant removed?

Dr. Reagan: Yeah, that's a perfect plan and it'll be really important to let your primary care provider and your prenatal care provider know as soon as you become pregnant so that we can make a plan to ensure that you have a safe and healthy pregnancy.

Jackie: Yes, I definitely will. Oh, and I've been meaning to tell you that I've been keeping up with that exercise plan that you and I talked about the last time I was here and trying to make some good nutritional changes too like getting rid of some of the salty processed foods and trying to eat some healthier options.

Dr. Reagan: That's excellent, Jackie. I'm super proud of you.

Jackie: Thank you.

Dr. Reagan: So let's talk about a few other things that it's important to consider before becoming pregnant.

Narrator: Developed by RHNTC, the Reproductive Health National Training Center, and Power to Decide.