Medical tests during pregnancy can be important in your prenatal care. Every test provides your doctor with information so her or she can plan the best care for you and your growing baby. When you know the facts about each test -- why it's done, how it's administered, what the results can mean -- you'll be more at ease. Comprehensive and up-to-date, this Quick Guide covers what you need to know about both routine and special tests -- and the easy-to-follow format gets you to the facts quickly.

A pre-pregnancy check-up includes a set of tests your doctor may run on you and your partner to ensure that both of you are free from illnesses that can ruin your chances of becoming pregnant. Based on the results of these tests, your doctor will provide you with instructions to follow in areas like exercising, diet, lifestyle, and necessary supplements. He will also recommend changes in certain habits like smoking and consumption of alcohol to have a safe pregnancy and a healthy child. Why is Preconception Check-Up Important? A pre-pregnancy check-up is essential to make sure that a woman is