Pre-Pregnancy Checklist
Steps to prepare for a healthy pregnancy

To Do Right Away

- Treat existing medical conditions that may affect pregnancy.
- Eat a balanced diet including lean protein, whole grains, fruits, vegetables, nuts, and low-fat dairy.
- MEN & WOMEN: Stop using tobacco and recreational drugs.
- MEN & WOMEN: Learn about family history of problems like heart defects, cystic fibrosis, spina bifida and blood clotting conditions.
- Get up to date on health screenings and vaccines.
- Maintain good dental health.
- Start exercising regularly.

3 - 4 Months Before Trying To Conceive

- Start tracking your period using a smartphone app to learn more about your cycle and when you're most fertile.
- Ask your doctor if your current medications are safe for pregnancy.

0 - 3 Months Before Trying To Conceive

- Stop taking birth control, or have birth control devices removed.

After Stopping Birth Control

- Start taking a daily prenatal multivitamin with at least 800 micrograms of folic acid.
- Stop using alcohol.

What are the next steps?
Schedule a health-maintenance visit with your primary care provider or pre-conception wellness visit with your OB-GYN.

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