

# 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.



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

## 0 - 3 Months Before Trying To Conceive

## 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.