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 aood

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



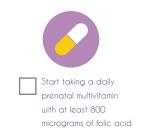
Ask your doctor if your current medications are safe for pregnancy.





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After Stopping Birth Control





What are the next steps?

Schedule a health-maintenance visit with your primary care provider or pre-conception wellness visit with your OB-GYN.

