

So you want to have a baby... Preconception Checklist

The following are some items that we would like to you look into and complete before you try to attain pregnancy. Our hope is that it will help prevent problems and ensure the healthiest pregnancy possible.

- Start taking a Prenatal Vitamin. We recommend one that contains at least 400 micrograms of folic acid. Over-the-counter vitamins are okay or you can ask us about a prescription.
- Complete your annual gynecological exam and pap smear.
- Check to make sure that any medications, vitamins, or herbal supplements you are taking is approved for pregnancy; this can be examined by your OBGYN or your Primary Care Provider.
- Have you had the Chicken Pox? If you have not, ask your Primary Care Provider about obtaining a Chicken Pox vaccine.
- Have you been tested for rubella immunity? You may need a booster of Rubella vaccine.
- Have you been vaccinated against Whooping Cough? Whooping cough is a serious condition for newborn babies. Babies typically get Whooping cough from their parents, grandparents, or siblings. Vaccination is recommended for all before a baby arrives.
- Visit your Dentist for a bi-annual cleaning and check-up.
- Do you smoke? Smoking in pregnancy is known to cause preterm labor, low birthweight, and other complications for both mother and child. Stop smoking now.
- Do you drink alcohol? Drinking alcohol in pregnancy is known to cause developmental abnormalities in a developing baby. Start practicing being sober.
- Stop any illegal drugs or substances.
- Weight. A healthy Body Mass Index (BMI) is a great way to start off a pregnancy. Check to see how you weigh in.
- Diet. During pregnancy, a balanced diet is very important. Start now!
- Caffeine: Start decreasing caffeine now. 1 to 2 caffeinated beverages daily is okay.
- Exercise. Including exercise in your weekly routine will help you feel your best. Aim for at least 3-4 times 30 minutes each.
- Water! Make sure to drink about 2 liters of water per day. It will do wonders for your skin, appetite, digestion, and more.

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