

Pre-Conception Checklist

Thinking about having a baby? Here are a few things to discuss with your women's healthcare provider before getting pregnant.

MEDICAL HISTORY

- Do you have any chronic medical conditions? Examples are high blood pressure, diabetes, thyroid disease and asthma.
- Have you had major surgery? Discuss all surgeries with your healthcare provider, and they can let you know if any could affect pregnancy.
- Have you had complications in previous pregnancies, such as preterm labor or delivery, high blood pressure, diabetes, miscarriage, or other pregnancy-related issues?
- Have you ever had an abnormal pap smear that required any procedures to your cervix (the lower part of the uterus)? Certain procedures can put you at risk for preterm birth.
- Have you ever had a sexually transmitted disease? You may need additional testing or medication during pregnancy.
- Are you 35 or older? Your provider will help you understand any risks, as well as the genetic screening options available to you.

MEDICATIONS

- Are you taking any prescribed medications, herbal supplements, vitamins or over-the-counter medications? Keep in mind acetaminophen is the only approved pain reliever during pregnancy.
- Begin taking an over-the-counter prenatal vitamin with at least 400 mcg of folic acid when you start thinking about trying to get pregnant.

VACCINES

- The flu can be serious when you're pregnant, so get the vaccine yearly. Don't worry: It doesn't cause the flu. Your provider might just tell you to avoid the nasal flu vaccine, since it's a "live" virus.
- Have you had the chicken pox and MMR (measles, mumps and rubella) vaccines? If not, get vaccinated at least 1 month before getting pregnant.

FAMILY HISTORY

- Do you or your partner have any previous children or family members with a birth defect or genetic disease? If so, your provider might suggest certain genetic screening tests before you get pregnant.

HEALTHY LIFESTYLE

- Are you at a healthy weight? Discuss your ideal weight with your provider.
- How do you stay active? We recommend at least 30 minutes of moderate exercise 5 times a week. Examples include walking, jogging and yoga.
- Do you drink alcohol or use illicit drugs? Both should be avoided, since they can lead to serious problems with the pregnancy and your baby.
- Do you use any tobacco products? Avoid all of them, including smoking, vaping or chewing tobacco. Talk to your provider about ways to help you quit.
- Let your provider know if you are in a relationship with someone who is abusing you physically or emotionally. Your care team can provide safe resources for help.