

# 10 THINGS TO DO

## before you get pregnant



### 01. Book a Dr. Appt.

Have your doctor assess your current physical health status and get up to date blood work so that you can address anything that may impact fertility.

Maintain a balanced diet, or adjust where needed. Focus on essential nutrients for pregnancy (ie. folic acid, iron, calcium, etc) and if needed, consult a professional.

### 02. Focus on Nutrition



### 03. Manage Chronic Conditions



Identify, manage, and control chronic medical conditions that could impact pregnancy (ie. diabetes, hypertension, thyroid).

Find a prenatal vitamin that meets your unique needs and begin taking it consistently. Speak with a professional if you are unsure of what your unique needs are.

### 04. Start Taking a Prenatal



### 05. Exercise Regularly



Engage in regular exercise that promotes overall health and fitness. Ideally this exercise incorporates movement that is enjoyable and challenges you.

Smoking, using recreational drugs and the consumption of alcohol can negatively impact fertility and pose risk to fetal health and development.

### 06. Quit Smoking, Drugs, & Alcohol



### 07. Mental Health



Identify, address, and manage mental health conditions such as depression, anxiety, and stress as a way to support your emotional well being as you enter pregnancy.

Minimize your exposure to environmental toxins (ex. pesticides, food additives, chemicals, etc) that could pose a risk during pregnancy.

### 08. Reduce Toxin Exposure



### 09. Look at Current Medications



Review all medications that you are currently taking and ensure they are safe to take while pregnant. Speak to a professional if you are unsure.

Discuss family planning goals and timing of pregnancy with your partner and healthcare team. Decide what kind of prenatal care you are interested in and seek out advice on topics you are feeling unsure about.

### 10. Family Planing

