Prepping for Pregnancy

Learn more about readying your body for pregnancy. Use this checklist to start a discussion with your doctor, or keep it as a reminder.

- **Meet your Ob-Gyn.** Schedule a preconception visit to discuss your health, medications you take and your family’s medical history.

- **Make sure your immunizations are up-to-date.** Some vaccines can’t be administered during pregnancy.

- **Get a flu shot,** which is recommended for pregnant women.

- **Track your menstrual cycles** for a few months to understand what’s typical for you. Ovulation, the time when you’re most fertile, occurs about halfway through your cycle.

- **Start taking prenatal vitamins** that contain at least 400 micrograms of folic acid, which helps prevent birth defects.

- **Stop smoking,** and encourage your partner to do the same.

- **Avoid alcohol.** You can’t predict when you’ll become pregnant, and no amount of alcohol is safe for your baby.

- **Limit caffeine** to 250 milligrams per day (one medium-sized cup of coffee).

- **Start an exercise routine** if you don’t have one already. Low-impact exercise, like walking or swimming, is healthy for the pregnancy.

- **Don’t discontinue birth control until you’re ready to get pregnant.** Some women are fertile immediately.

- **See your doctor if you haven’t conceived** after six to 12 months of trying.

*TAKE THE FIRST STEP*
Schedule an appointment with a University of Utah Health Care Ob-Gyn by calling **801-213-2995**.

healthfeed.uofuhealth.org