

Health Before Pregnancy

Preconceptional health is important because it identifies any medical or social conditions that puts a woman and her pregnancy at risk.

It's important to wait one year after delivery of a baby or three months after a miscarriage before you become pregnant again.



Both Partners

It is very important for women and their partners to be in the best physical and emotional health for a pregnancy to occur.

- Have a routine checkup with your health care provider before seeking pregnancy.
- Eat healthy. Meals should include grain products, vegetables, fruits, milk and milk products, and meat or other protein foods.
- No alcohol, tobacco, drugs or herbal products.
- Avoid exposure to chemicals and fumes.
- Avoid hot tubs and saunas.



Women

Be aware of the importance of diet, weight and physical activity before pregnancy.

- Check with your health care provider about taking medications for other conditions before seeking pregnancy. (high blood pressure, diabetes, and seizures)
- Make sure your dental health is current. Visit your dentist regularly.
- Take a vitamin that contains 400mcg of folic acid daily at least three months before seeking pregnancy.