

# PRE-PREGNANCY CHECKLIST

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You've decided to start a family, now what?! Our doctors at Moreland OB-GYN compiled the ultimate pre-pregnancy checklist below to help you get you started on your path to a successful, healthy pregnancy.

## Make A (Preliminary) Plan

- ☐ Read up on conception and ovulation basics
- ☐ Figure out when you're ovulating
- ☐ Evaluate your health insurance and plan a baby budget
- ☐ Get excited!!

## Take Care Of Yourself

- ☐ Visit the dentist
- ☐ Review current medications
- ☐ Get immunized
- ☐ Quit smoking and heavy drinking
- ☐ Reduce caffeine intake

## Fuel Your Body

- ☐ Take prenatal vitamins with folic acid
- ☐ Stock up on healthy foods and eat a balanced diet
- ☐ Start exercising or reduce extreme exercising
- ☐ Decrease your stress
- ☐ Get plenty of sleep

## Find the Right Doctor

- ☐ Interview potential doctors
- ☐ Find the right birthing center
- ☐ Schedule a preconception checkup
- ☐ Make a list of preconception checkup questions
- ☐ Talk to your doctor about genetic testing



*"Take your time finding a doctor and make sure you find a doctor and clinic that fits your style. It was important to me to build a relationship with one doctor, so she really got to know me and my family life. Think about what's important to you."*

– Anne, New Berlin