

GET READY for a healthy pregnancy

STOP

- 1 Drinking alcohol from preconception until after giving birth
- 2 Smoking (permanently, if possible)
- 3 Taking street drugs, including so-called 'legal highs'
- 4 Highly stressful, violent or abusive relationships and situations
- 5 Exposure to radiation and toxic substances in your home and work environments
- 6 Risking sexually transmitted diseases and potential birth-defect causing infections/illnesses, e.g. HIV, diabetes, rubella and now Zika virus

CHECK and DISCUSS

with GP or health professional

- 1 Is it a good time to become pregnant, given your overall physical and mental health?
- 2 Do you have a medical condition creating significant risks to good pregnancy and birth outcomes?
- 3 Are all your vaccinations up-to-date and still protecting you - or is a booster needed before conception?
- 4 Are any of your prescription medicines, over-the-counter drugs or supplements unsafe or unwise to continue if you become pregnant?

START

- 1 Taking folic acid and vitamin D supplements (check with GP)
- 2 A nutritious diet to get to, and maintain, a healthy weight
- 3 Regular physical activity that is right for you before becoming pregnant
- 4 Healthy ways of relaxing, strengthening positive relationships and improving your mental wellbeing
- 5 Learning about your and your partner's family medical history, in case genetic screening or counselling might be helpful
- 6 Preparing for your potential next pregnancy, by becoming as healthy as possible and by ensuring safe birth spacing