

BE PREPARED for a healthy pregnancy



AVOID

- 1 Drinking alcohol from preconception until after breastfeeding stops
- 2 Smoking or regular exposure to second-hand smoke (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 potentially dangerous illnesses, e.g., HIV/AIDS, rubella, Zika virus and COVID-19

CHECK and DISCUSS

with your general
practice staff or other
health professionals

- 1 Is it a good time to become pregnant, given your overall physical and mental health?
- 2 Do you have a medical condition posing a major risk to you and your baby, e.g., diabetes, FASD, depression or obesity?
- 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 medications (such as those containing valproate) or over-the-counter drugs/products unsafe during pregnancy? Should any be replaced with a safer alternative before becoming pregnant?

START

- 1 Taking meaningful levels of key supplements before pregnancy - especially Vitamin B9 (folic acid) and Vitamin D - i.e., supplements with significantly higher levels of each than are contained even in pre-pregnancy multivitamin tablets
- 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, e.g., for cystic fibrosis or other congenital conditions
- 6 Understanding the best ways for you to delay or prevent conceiving - e.g., by selecting your preferred Long Acting Reversible Contraception (LARC) - or prepare for a future pregnancy after 18-24 months