

Preconception Recommendations

- Achieve and maintain a BMI of 30 or less. This will help to decrease your risk of miscarriage, gestational hypertension, gestational diabetes, and C-section rate among other complications.
- Have an exercise routine in place. Staying active during pregnancy helps to maintain a healthy weight gain, decrease your chance of gestational diabetes and makes delivery easier. If you're having a hard time starting, ask about "Fit for 2" which is a program for new moms that is free through St. Clair Hospital. It can be a great place to start!
- Begin a prenatal vitamin and/or folic acid supplementation 2-3 months before actively trying to conceive. This will decrease the risk of neural tube defects, facial clefts and for yourself, severe nausea/vomiting.
- If you have any chronic medical issues such as high blood pressure, diabetes, thyroid disease, seizures or depression/anxiety, make sure they are in good control prior to pregnancy and let your doctor who manages your issue(s) know you're thinking about pregnancy.
- Stop bad habits! Smoking **and** drug use (including marijuana) cause many complications throughout pregnancy including difficulty becoming pregnant, increased miscarriages, low birth weight and pre-term delivery. Please stop these prior to becoming pregnant so you and your baby can be as healthy as possible.
- Prior to travel check the CDC website for its list of Zika affected areas. If you plan travel to one of these places with your partner you should wait at least 6 months before attempting pregnancy as the Zika virus may live for this long in sperm.