

To do before getting pregnant

Diet, exercise and lifestyle

- Healthy weight (BMI 20-25 kg/m²)
- A balanced diet
- Daily vitamin with folate
- Other supplemental vitamins (e.g. calcium, vitamin D) if deficiencies exist
- Quit smoking
- Reduce caffeine
- Cut out alcohol
- Speak with my doctor about any medicines, over-the-counter or herbal products I'm taking

Screening and vaccination

- Check my blood type
- Check my partner's blood type
- Check for sexually transmitted infections including syphilis, chlamydia and HIV
- Check for diabetes
- Check for genetic conditions such as chromosomal disorders
- Get vaccinated against chicken pox, rubella, measles, mumps, influenza, diphtheria, tetanus, whooping cough, pneumococcal and hepatitis B

Emotional health

- Get referrals to pregnancy support groups
- Get referrals to health professionals who can offer emotional support

For more information, visit <http://www.parenthub.com.au/getting-pregnant/getting-pregnant-advice-about-pregnancy-planning/>