

Getting Pregnant Checklist

By Lauren Meir

- ☐ Get a Full Checkup
 - ☐ Visit your gynecologist and your family doctor and discuss your plans to conceive.
 - ☐ Discuss any pre-existing medical conditions and family medical history with your physician.
 - ☐ Review Medications; if necessary cease taking them or switch to a pregnancy-safe alternative.
 - ☐ Consult with your physician about any additional supplements you are currently taking.
 - ☐ Ensure you are at a healthy weight and BMI.
 - ☐ Discuss with your doctor about when to stop birth control.
 - ☐ Plan to have any internal contraceptives removed (such as an IUD or implant).
 - ☐ Take any necessary blood tests or exams your doctor recommends.
- ☐ Diet and Nutrition
 - ☐ Lower ;caffeine ;intake to 200 mg a day or less Caffeine consumption has been shown to increase chances of miscarriage.
 - ☐ Limit ;alcohol ;consumption It'll be easier to cut out when you're pregnant.
 - ☐ If you're a smoker, it's time to quit for good.
 - ☐ Eat a combination of fresh produce, whole grains, lean protein and healthy fats at every meal.
 - ☐ Avoid foods loaded with preservatives, like those found in pre-packaged meals.
 - ☐ Hydrate Drink plenty of fresh water before, during, and after meals.
 - ☐ Consume fresh fruits and vegetables several times a day.
 - ☐ Eat lots of green, leafy vegetables like spinach You'll get essential iron plus 1,000 milligrams of much-needed calcium.
 - ☐ Eat lean protein such as chicken, fish, and tofu. Proteins are the building blocks of life!
 - ☐ Get whole grains into your diet, like cereal, wheat and whole grain breads and pastas.
 - ☐ Have legumes, lentils and beans, which contain both fiber and plant protein.
 - ☐ Bone up on calcium with 3 daily servings of low-fat milk products.

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- ☐ Cut back on sugar, salt, and fatty foods.
- ☐ Limit your consumption of fish, under-cooked meat, and unpasteurized dairy products while trying to conceive.
- ☐ Trying to Conceive
 - ☐ Have ;intercourse ;2-3 times a week without using contraception.
 - ☐ Track your monthly cycle so you can estimate when you are likely to ovulate ;You can also buy ovulation test kits.
 - ☐ Research position methods for increasing chances of conception.
 - ☐ Consider using the ;rhythm ;method to chart basal body temperature.
- ☐ Supplements
 - ☐ Take a daily multivitamin to help boost the nutrients you need for conception.
 - ☐ Increase calcium intake.
 - ☐ Increase Iron intake.
 - ☐ Get more folic acid, from citrus fruits or a ;recommended ;folate supplement.
 - ☐ When you become pregnant, ask your doctor to recommend a good pre-natal ;vitamin.
- ☐ Healthy Mind and Body
 - ☐ Develop a healthy, well-balanced exercise routine.
 - ☐ Incorporate yoga or pilates into your workout ;regimen Many of these techniques help strengthen your body and improve flexibility for during and after pregnancy.
 - ☐ Rest and relax Stress can affect your ability to conceive, as can sleeplessness.
 - ☐ Spend time outdoors in the fresh air.