

# 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.

- 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.