Getting Pregnant Checklist

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# Tasks:

☐ **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.**