

# Good Health Before Pregnancy:

## Pre-pregnancy Care

Before you try to get pregnant, there are some very important things you can do to give yourself the best chance of having a healthy pregnancy and a healthy baby. By planning ahead and making needed changes before you get pregnant, you are more likely to be prepared. This is why pregnancy care, and a healthy lifestyle are important

### *You Need to Know*

- What to expect during a pregnancy care checkup
- how to make healthy lifestyle choices
- how to address health concerns before pregnancy

### *The Pregnancy Care Checkup*

A pregnancy care checkup is the first step in planning a healthy pregnancy. The goal of this checkup is to find things that could affect your pregnancy. Identifying these things is important because the first 8 weeks of pregnancy is the time when major organs develop in a fetus.

### *What happens during a pregnancy care checkup?*

During this visit, you and your obstetrician-gynecologist (OB-GYN) or other obstetric care provider will talk about

- Your diet and lifestyle
- your medical and family history
- medications you take
- past pregnancies

### *What other things are part of a pregnancy checkup?*

Your OB-GYN or other obstetric care provider will also review your vaccination history to be sure that you had all the vaccines that are recommended for your age group. You'll also go over the risk of sexually transmitted infections and discuss how to protect yourself.