

# Quick Check List

- Take a daily multivitamin with folic acid
- Eat healthy
- Be active
- Ask about medications you are taking
- Stop drinking alcohol
- Quit smoking and avoid second-hand smoke
- Don't use street drugs
- Treat any medical conditions
- Get tested for STIs and HIV
- Book a pre-pregnancy checkup

**For more information contact:**

Saskatchewan Prevention Institute  
1319 Colony Street ♦ Saskatoon, SK S7N 2Z1  
Bus. 306.651.4300 ♦ Fax. 306.651-4301  
Email: [info@skprevention.ca](mailto:info@skprevention.ca)  
Website: [www.skprevention.ca](http://www.skprevention.ca)

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our goal is healthy children



# ... plan for it !

The lifestyle choices you make before pregnancy and in the first few weeks of pregnancy can affect the health of your baby.

There are things you can do to plan for your pregnancy that will help you to have a healthy baby.

**Take a multivitamin that has folic acid in it everyday:** Taking a daily multivitamin that contains folic acid before and during pregnancy reduces the risk of birth defects to your baby. **START TODAY!**

**Take care of your teeth and gums:** Your oral health can affect the health of your baby. Visit your dentist before you get pregnant.

**Healthy Eating:** Eating a healthy diet will get your body ready to grow a healthy baby. Eat foods high in folate like dark green veggies, orange juice, and beans. Limit caffeine like coffee and pop.

**Plan to get a pre-pregnancy check-up:** Visit your health care provider before you get pregnant to make sure you are in good health.

**If you use street drugs, stop before you get pregnant:** Using drugs at any time during pregnancy may harm your baby as it grows and develops.

## Stop drinking alcohol:

Drinking alcohol before you realize you are pregnant may cause your baby to be born with lifelong disabilities.

## Be active and maintain a healthy weight:

Maintain a healthy weight, routine exercise, and a healthy lifestyle before you become pregnant. Talk to your doctor about how you can stay active during your pregnancy.

## Get tested for sexually transmitted infections (STIs) and HIV:

Untreated STIs could affect your ability to get pregnant and can cause serious disabilities to your baby.

## Quit smoking and avoid second-hand smoke:

Smoking during pregnancy has been linked to delivering premature and underweight babies. Stop smoking now, before you become pregnant.

## Avoid risky medications:

Taking certain medications during pregnancy can seriously harm your baby. Before getting pregnant, tell your health care provider about any substances you are taking (even over-the-counter and herbal remedies) to make sure they are safe to continue using.

## Treat medical conditions:

If you have any pre-existing conditions such as diabetes, epilepsy, or high blood pressure, make sure these conditions are treated and under control before you get pregnant.

## Maintain healthy relationships:

Unhealthy relationships can cause stress, unhappiness, and illness and may put individuals at risk of physical or sexual violence. Abuse often starts or increases during pregnancy, placing both the woman and fetus at risk. Know the warning signs and seek help before you become pregnant.

*before you become pregnant*