

## Quick Check List

The following can help you have a healthy pregnancy and a healthy baby.

- Book a pre-pregnancy checkup
- Take a multivitamin that has folic acid
- Eat as healthy as possible
- Be active and maintain a healthy weight
- Take care of your teeth and gums
- Avoid risky medications
- Stop or reduce alcohol and street drug use
- Stop or reduce smoking and avoid second-hand smoke
- Treat medical conditions
- Get tested for STIs and HIV
- Avoid environmental toxins (e.g., chemicals, radiation)
- Seek support



### My Saskatchewan Pregnancy

Download this free app to access healthy pregnancy tips, track your health, learn about your baby's growth, and find resources near you.

Scan the QR code below for more information and to download the app.



### For more information contact:

**Saskatchewan Prevention Institute**  
1319 Colony Street, Saskatoon, SK S7N 2Z1  
Bus. 306-651-4300 Fax. 306-651-4301

© Copyright 2010,  
Saskatchewan Prevention Institute  
**www.skprevention.ca**  
RESOURCE 2-309 REVISED 10/2022

*Before you become  
pregnant ...  
plan for it!*



Even if your pregnancy was unplanned, it is best for your health and the health of your baby to follow these steps as soon as you find out that you are pregnant.

There are things you can do before and during your pregnancy to help you have a healthy pregnancy and a healthy baby.

**Book a pre-pregnancy checkup** to make sure you are in good health.

**Take a multivitamin that has folic acid, before and during pregnancy** to help reduce the risk of birth defects to your baby.

**Eat as healthy as possible** to get your body ready to grow a healthy baby. You can eat healthy by following Canada's Food Guide. Eating foods that are high in folate like dark green veggies, orange juice, and beans, and limiting caffeine such as coffee and pop, are a few examples of things you can start with.

**Be active and maintain a healthy weight** to help you have a healthy baby. Talk with your doctor about how you can stay active during your pregnancy.

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

**Avoid risky medications** to prevent serious harm to your baby. Before getting pregnant, talk to your healthcare provider about any substances you are taking (even over-the-counter and herbal remedies) to make sure they are safe to continue using.

**Stop or reduce smoking and avoid second-hand smoke** to reduce the chance of delivering a premature and underweight baby. It is best to stop smoking before you become pregnant.

**Stop or reduce alcohol and street drug use** to prevent your baby from being born with lifelong disabilities. Using alcohol or other substances at any time during your pregnancy may harm your baby as it grows and develops. Support is available if you need help quitting.

**Treat medical conditions** to help have them under control before you get pregnant. If you have any pre-existing conditions such as diabetes, epilepsy, or high blood pressure, talk to your doctor about possible treatments before you get pregnant.

**Get tested for sexually transmitted infections (STIs) and HIV** to receive treatment, if needed, and reduce the chance of harm to your baby. Untreated STIs can affect your ability to get pregnant and can cause harm to your baby. It is best to get tested for STIs and HIV before pregnancy.

**Avoid environmental toxins** to reduce the risk of birth defects caused by exposure to hazardous substances in your environment (work, home, and community). Limiting your exposure to toxic substances such as lead, mercury, pesticides, and air pollution should start before you become pregnant.

**Seek support** to reduce stress and to improve your and your baby's physical and emotional health. Abuse can start or increase during pregnancy, placing both the woman and baby at risk. Knowing the warning signs and seeking help before you become pregnant will help to avoid this risk.