

For A

SMOOTH & HEALTHY PREGNANCY, You Should...

Visit your Ob/Gyn for a thorough checkup to analyze your health to carry a healthy baby.



Get tested for any underlying problems and genetic conditions.

Speak to your doctor about ongoing medications that may risk the pregnancy.



Get vaccinated against harmful infections such as rubella.



Start taking about 400 mg/day of folic acid supplements after a doctor consultation.



Avoid toxic substances such as tobacco, alcohol, and narcotics.



Start incorporating healthy foods in your diet and exercises in your daily routine.



REFERENCES

1. Planning for Pregnancy; CDC
2. Planning your pregnancy; NHS