



# TIPS TO PREPARE FOR PREGNANCY

## START THE CONVERSATION

When you and your partner are ready to conceive, talk with your OB/GYN. They can provide guidance and may suggest tests based on family history.

*Need an OB/GYN? Call 781-338-7111 for help choosing a provider.*

## TRACK YOUR CYCLE AND TAKE PRENATAL VITAMINS

Track your cycle and learn when you might be ovulating. There are apps that can help.

Start taking a prenatal vitamin about one month before you start trying.

## BE HEALTHY

Eat nutrient-rich foods and get an appropriate amount of sleep. Don't smoke, vape, use marijuana or other recreational drugs. Your OB/GYN may recommend other lifestyle changes such as reducing alcohol and stress.

## AFTER 6-12 MONTHS OF TRYING SEE OB/GYN

Depending on your age and history, your OB/GYN may run additional tests and discuss options with you. They may refer you to a specialist.



## GET TO KNOW YOUR HOSPITAL

Think about travel, traffic, ease of getting to regular appointments and availability of specialty (NICU) services, such as those offered at MelroseWakefield Hospital.