



# Her Pre-Pregnancy Checklist

- Visit to family doctor for check-up and to discuss health history and problems
- Pre-pregnancy blood tests (rubella immunity, for example)
- Update vaccinations
- Pap smear/cervical screen
- Weight in the healthy range
- Regular exercise
- No alcohol
- Healthy balanced diet
- Find out family history, and...
- ... Seek advice on any potentially inherited health problems for mother or baby
- Take daily folic acid in appropriate dose
- Take any other supplements required (for example, vitamin D or iron)
- Find work entitlements for leave and pay
- Keep a record of your cycle and speak to your doctor if it's irregular
- Make sure your partner/husband has done his checklist!

