

Planning for Pregnancy? What You Should Know

Read below to learn more about pre-pregnancy considerations.

GET STARTED AND TAKE ACTION WITH 5 EASY STEPS

- 1 Start taking prenatal vitamins**
 - Prenatal vitamins contain the recommended amount of folic acid, which supports placenta development and helps prevent birth defects
 - Recommendation:* 400 micrograms of folic acid per day.
- 2 Avoid toxic exposure**
 - Stop drinking alcohol.
 - Stop all tobacco products including vaping.
 - Avoid harmful chemicals, environmental contaminants, and other toxic substances.
 - Avoid illegal substances.
- 3 Learn your family history**
 - You may need a referral for genetic counseling.
- 4 Optimize chronic conditions before pregnancy**
 - Achieve or maintain a healthy weight.
 - Optimize mental health.
- 5 Discuss current medications with your provider**
 - Discussing risks, benefits and/or alternative medications are especially important if you are taking Valproic Acid, Retinoids, Anticonvulsants, ACE inhibitors, ARBs, stimulants, Depakote and tretinoin, Lithium, or any medications that end in -pril or -sartan.

IMPORTANT PRECONCEPTION RESOURCES

Recommendations for preconception counseling and care	https://www.aafp.org/pubs/afp/issues/2013/1015/p499.html
Preconception planning toolkit	https://www.cdc.gov/preconception/planning.html
Frequently Asked Questions about pregnancy exposures	https://mothertobaby.org/fact-sheets/
Recommendations for managing medications during pregnancy	https://fda.gov/consumers/free-publications-women/medicine-and-pregnancy

ACCESS SUPPORT RESOURCES HERE

Smoking cessation support	https://www.cdc.gov/pregnancy/features/pregnantdontsmoke.html
Alcohol cessation support	https://www.cdc.gov/ncbddd/fasd/alcohol-use.html
Deployment Readiness Education for Service Women Handbook – Health education and access support	https://www.med.navy.mil/Portals/62/Documents/NMFA/NMCPHC/root/Health%20Promotion%20and%20Wellness/Women's%20Health/Documents/Contraception/DRES_Handbook_05JUN2023.pdf

ACCESS THIS RESOURCE AND MORE ON THE NAVY MEDICINE WOMEN'S HEALTH WEBPAGE!

- Click this link:** <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Womens-Health/default/>
OR Scan the Quick Response Code (to the right)
- Select:** "Pregnancy & Postpartum" tab.
- Select:** "What to Know: Pre-Conception Considerations"



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