

# 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

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

#### ACCESS SUPPORT RESOURCES HERE

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

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

1. **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)
2. **Select:** "Pregnancy & Postpartum" tab.
3. **Select:** "What to Know: Pre-Conception Considerations"



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