What is prepregnancy care?

Prepregnancy (a.k.a. preconception) care is making choices now to improve your well-being and to set you up for a healthy pregnancy in the future.

Ask your health care provider what you can start doing and thinking about today.

Is prepregnancy care for me?

If you are ready to have (more) children now or think you might be soon, talk to a provider about prepregnancy care.

Not ready to be pregnant quite yet?

How important is it to you to prevent pregnancy? You may want to use a birth control method until you are ready to be pregnant.

Some methods are easier to stop when you are ready to be pregnant. There are many different methods available; you might need to try more than one to find a good fit.

Ask a provider about your options!

Prepregnancy Care

for your health now & a healthy pregnancy in the future

Your Prepregnancy Care Guide

Start today:

Taking folic acid

Folic acid is a vitamin that helps prevent neural tube defects like spina bifida. Take 400 mcg daily for at least one month before and throughout pregnancy.

No prescription needed!

Eating well and being active

Eat a variety of well-balanced foods.

Aim for 30 minutes of moderate physical activity every day.

Avoiding harmful substances

Avoid alcohol, tobacco, prescription drugs for non-medical reasons, and illegal drugs.

Identify and avoid exposure to harmful substances, both at home and at work.

Talk to a provider about:

Monitoring medical conditions

Work with a provider to manage common medical conditions like high blood pressure, anxiety, and depression.

Checking medications

Review all medicines, supplements, and herbal products with your provider to ensure they're safe.

Getting tested

Check for infections like HIV, chlamydia, syphilis, and hepatitis C based on your risk factors.

Reviewing immunizations

Check with a provider about what's needed for you. Some vaccines are safer to get before pregnancy.

Reviewing family history

Discuss the option to meet with an expert in genetic conditions based on your family history.

Think about:

Prenatal care

Once you are pregnant, you'll want to get started with prenatal care as soon as possible.

Take steps now to find a prenatal care provider you feel comfortable with.

Not sure how to start your prepregnancy care journey?

Talk to a provider about your health and get individualized answers.