

Thinking of getting pregnant?

Here are some healthy tips from UCLA obstetricians/gynecologists and midwives.

Get enough folic acid

- Take at least 400 micrograms of folic acid per day by taking a multivitamin or from foods such as enriched breakfast cereal, leafy green vegetables and orange juice

Limit caffeine

- Keep caffeine intake to less than 200 mg/day; a cup of coffee has between 90-150 mg

Limit mercury intake

- Avoid eating shark, swordfish, king mackerel and tilefish
- Fish with moderate levels of mercury (i.e., albacore tuna, tuna steak) should be limited to 6 ounces per week
- For a list of mercury content for specific fish, visit: <http://www.fda.gov>

Things to avoid

- Exposure to chemicals and harmful substances at work and at home
- Uncooked meats
- Cat litter box
- Alcohol, tobacco and drugs

Get to a healthy weight before pregnancy

- Eat plenty of fruits, vegetables and whole grain products each day
- Engage in a healthy exercise routine

Get a medical checkup

- See your healthcare provider for a routine medical checkup
- Tell your healthcare provider prior to conception about any medications you are taking for conditions such as hypertension and hypothyroidism
- Genetic counseling may be recommended depending on your ethnicity or age



Ask your healthcare provider about vaccines

- Flu
- Whooping cough (pertussis)
- Varicella, rubella, hepatitis B

Keep up dental hygiene

- See your dentist for routine cleanings and exams

Recommended Websites and Resources:

March of Dimes

www.marchofdimes.com

Pregnancy health information (CTIS)

<http://ctispregnancy.org>

(800) 532-3749

Help to quit smoking

www.californiasmokershelpline.org

American College of Obstetrician Gynecologists

http://www.acog.org/publications/patient_education/bp056.cfm

Information on dietary guidelines

www.mypyramid.gov
