

Just found out
you're pregnant?



Here are

10 things

you can do right now to prepare
for a healthy pregnancy.



Minnesota
Women's
Care P.A.
OB/GYN AND PELVIC SPECIALTY CARE CENTER

For more info, call us at 651-600-3035 or visit mnwcare.com

10 things you can do right now
to prepare for a healthy pregnancy:



1

Whether this is your first pregnancy or fifth, great prenatal care is essential.

If you've already selected Minnesota Women's Care for your pregnancy care, you've completed this step. We'll see you soon!



2

Eat a healthy diet.

This includes a balance of fruits, vegetables, grains, calcium rich foods, and meats. It is definitely possible to have a diet without meat in pregnancy. However, if you are a vegetarian let your healthcare provider know as you may need supplementation for iron, B12, and Vitamin D.

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3

**Exercise and be physically active
for 30 minutes a day.**

Walking, swimming, and other low-impact activities can be helpful all during pregnancy. Many women enjoy the peaceful and relaxing experience of prenatal yoga. (Follow your provider's directions about exercise if your particular recommendations are different.)



4

**If you smoke, drink alcohol or
use drugs, STOP.**

These can have long term adverse effects on your baby. Talk with you healthcare provider for assistance if needed.

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5

**Clear and go over all
your medications, herbal
supplements, and over the
counter medications with your
health care provider.**

Some may not be safe during pregnancy.



6

**If you have a cat, do not empty
the cat litter.**

This is someone else's job for the next 40 weeks!
The litter may contain a parasite called toxoplasmosis
that can be harmful to a developing fetus.

Always wash your hands after handling pets.

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7

Do not eat uncooked or undercooked meat. Do not eat unpasteurized dairy products.



8

Avoid chemicals.

Ask your healthcare provider about the chemicals in your life. Consider things both at work and at home like cleaning solvents, hair dyes, paint, and similar.

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9

Watch your caffeine intake.

Your morning coffee is okay but try to
limit your caffeine intake.



10

Get informed.

Read books, watch videos.
Ask lots of questions from other moms and friends.
Take it all in. Relax and enjoy.