



**City & Hackney
GP Confederation**
A community interest company

Are you thinking about getting pregnant, or are you ready to get pregnant?

There are things to do before you plan to start to get pregnant to make sure you have the most successful pregnancy and a healthy child. This should start at least 3 months before you plan to get pregnant

To prepare for a healthy pregnancy, these are some of the things you should consider:

- eating well
- maintaining a healthy weight
- stopping smoking & drinking
- being physically active and taking folic acid every day
- managing any existing medical conditions and medicines with pregnancy in mind
- getting screened and tested for possible medical conditions
- Make sure your mental health is as good as it can be

**Ask reception for an information leaflet and
book an appointment to talk about
pre-pregnancy planning**