

You should make sure that your general physical and mental health state are normal. Chronic conditions that you may have should be well controlled. You should have had a discussion about pregnancy with your primary care physicians if you are on any long term medication. Eating a well balanced diet and taking a generic prenatal vitamin is recommended. Moderate exercise 3-4 times a week (30-45 min of brisk walking will suffice). Weight loss is recommended for those who are overweight. Drinking plenty of water is also recommended. Minimize alcohol and caffeine consumption. Keep your stress levels under control. Feel free to speak with a mental professional if you have a difficult time managing your stress.

Any recommended testing should be completed prior to starting treatment. If you are Caucasian it is recommended that you complete cystic fibrosis screening and have results prior to attempting pregnancy. If you are African American or Middle Eastern, it is recommended that you undergo hemoglobinopathy screening and have results prior to attempting pregnancy. Feel free to schedule a follow up consultation if you have any questions or concerns.