

Before Pregnancy

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- STOP SMOKING
- Stop drinking alcohol and stop all illegal drugs (including marijuana)
 - If you take narcotics or xanax, remember that if they are taken near the end of your pregnancy your baby will need to withdraw after birth- this increases the newborns risk of sudden infant death.
 - Withdrawal during pregnancy may cause pregnancy complications
- If taking any prescription drugs, check with your doctor to make sure they are safe to take during pregnancy
 - Most antidepressants are safe although there is some controversy
 - Examples of common drugs that are considered to be unsafe during pregnancy include
 - ACE inhibitors
 - Coumadin
 - Methotrexate
 - Some anti-seizure medications
- Work toward your ideal body weight
- Establish a sensible exercise program
 - For example, 30 minutes of walking each day

- If not immune to rubella (blood test), have an MMR vaccine two months before attempting pregnancy
- Start folic acid (over the counter) 800 micrograms per day supplements
 - Shown to decrease miscarriage risk
- Have your vitamin D level checked if you do not get at least 30 minutes of sun exposure daily
 - Prescription dose supplements may be given if low
 - Growing evidence that low levels may be linked to pregnancy complications such as preeclampsia
- Start eating a healthy diet (see “Diet in Pregnancy” article)
- If you have chronic medical problems such as diabetes or asthma, optimize your control to reduce risk of pregnancy complications and birth defects

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