



PREGNANCY & NEWBORN

Health Education Center



PRECONCEPTION CHECKLIST

Are You Ready to Start Trying to Get Pregnant?

Are you ready to start trying to get pregnant? Use the list below to find out. Check any items that apply to you.

- I've talked with my partner about having a baby.
- I've started [saving money for the baby](#).
- I'm taking a multivitamin with 400 mcg of [folic acid](#) in it every day.
- I've had a [medical checkup](#) before trying to get pregnant.
- I've stopped smoking, drinking alcohol and doing drugs.
- I've asked my provider about medicines I take.
- I'm at a healthy weight.
- I know which maternity costs my insurance pays.

If you've checked all the items, then you're ready. Try to check them all before you start trying to get pregnant. Print out this screen to remind yourself of what you still need to do.

March 2007

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