

Healthy pregnancy checklist



You can do a lot of things to improve the chance of having a healthy pregnancy. And you should not do some other things! Knowing what to do and what to avoid will help you and your baby stay well.



HEALTHY PREGNANCY CHECKLIST

- ☐ Ask your health care provider before you take any medicines, even ones you can buy without a prescription.
- ☐ Go to all your prenatal health care visits.
- ☐ Don't drink alcohol, take drugs, or smoke.
- ☐ Have a routine for exercise. Follow your health care provider's advice.
- ☐ Eat healthy foods.
- ☐ Take your prenatal vitamins every day.
- ☐ Get plenty of rest.
- ☐ Wash your hands throughout the day.
- ☐ Accept all your emotions. Express your feelings to others.
- ☐ Learn to deal with stress. Experts think stress may limit blood supply to the placenta. The placenta is the baby's only source of oxygen and nutrients.
- ☐ Don't have X-rays unless your prenatal health care provider says it's okay.
- ☐ Avoid harmful chemicals such as paint fumes, insect poisons, and weed killers.
- ☐ When you use cleaning agents, wear rubber gloves. Make sure there is plenty of fresh air.
- ☐ Don't wear high-heeled shoes.



- ☐ Don't pick up, carry, or move heavy objects.
- ☐ Stay out of hot tubs and saunas. When you bathe, use warm water only. Never use hot water. Put a rubber mat in the tub or shower to prevent slipping.
- ☐ Don't handle cat feces or cat litter. If you have a cat, have someone else empty the litter box. Cat droppings can carry a disease called toxoplasmosis. (Eating meat that is not cooked enough can cause this, too.) If a pregnant woman gets this disease, the baby can be harmed.
- ☐ Don't have any contact with hamsters, guinea pigs or any rodents. These animals can carry a virus that can cause severe harm to your baby.
- ☐ Discuss your work life with your health care provider.
- ☐ Find out if you should limit or stop having sex. Bleeding or pain during sex could be reasons. Ask your health care provider.
- ☐ Always wear lap and shoulder seat belts. Fasten the lap belt as low as you can, below your belly.
- ☐ When you travel by plane or train, get up frequently to stretch your legs and walk. Get an aisle seat. By car, stop at least every 2 hours and do the same.
- ☐ Don't travel to places where mosquitos are known to carry the Zika virus.
- ☐ If traveling far from home, have your health care provider refer you to a provider in the area where you are going. Take a copy of your prenatal records with you.