MS01 VT00 Prepregnancy Planning

[Music]

When you start thinking about pregnancy there are several important steps to take before trying to conceive. For example, you want to talk to your doctor for an overall health review and start a pre-natal vitamin.

Let's see what additional steps the experts say are needed before you begin.

And stay tuned, I'll be back to talk with a new mom about her experience.

When you're thinking about getting pregnant, you want to be in the healthiest state possible, so it's important to go and visit your physician or your midwife to get information.

We can talk about getting your body healthy before starting a pregnancy.
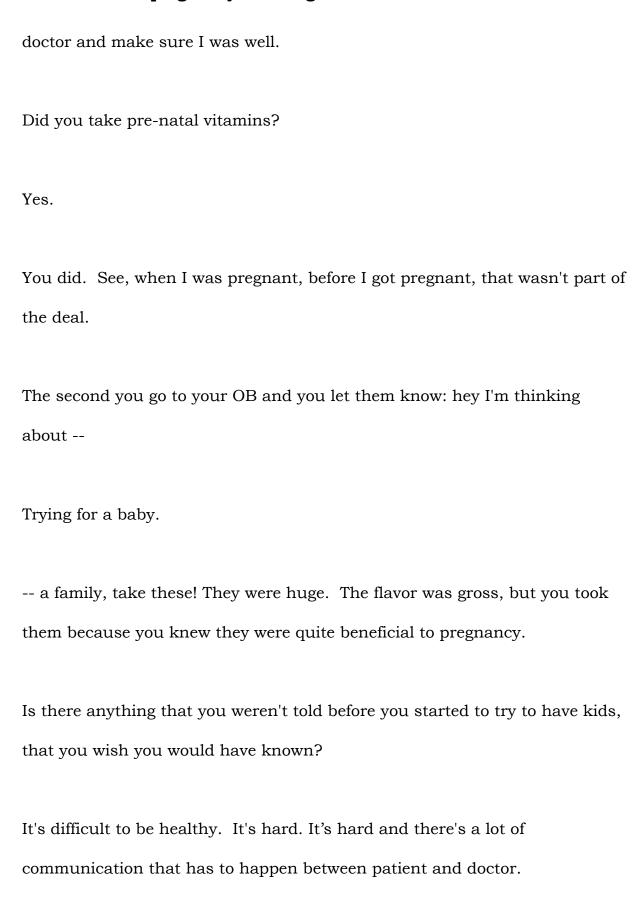
Some patients are on medications that we might like to adjust or take them off of before they become pregnant.

There's some really important things you can do, like taking folic acid. It's most important if it's in your body three months before you get pregnant.

If you haven't prepared, don't worry.

Continue with your healthy lifestyle choices, exercise, good nutrition, and begin

taking pre-natal vitamins as soon as you can.

The healthier you are prior to conception, the better it is for the outcome of the pregnancy.

So crazy.

I know.

That you would have kids 10 and 12.

I know.

So, did you always know that you wanted kids?

I knew I always wanted kids, I knew I always wanted to be a career woman as well though, so it was always trying to figure out what the balance was.

And how did you really prepare, prior to even attempting to conceive?

A lot of conversations were had.

My husband would go -- he paid visits to his doctor, then I would go visit my

doctor and make sure I was well.

Did you take pre-natal vitamins?

Yes.

You did. See, when I was pregnant, before I got pregnant, that wasn't part of the deal.

The second you go to your OB and you let them know: hey I'm thinking about --

Trying for a baby.

-- a family, take these! They were huge. The flavor was gross, but you took them because you knew they were quite beneficial to pregnancy.

Is there anything that you weren't told before you started to try to have kids, that you wish you would have known?

It's difficult to be healthy. It's hard. It's hard and there's a lot of communication that has to happen between patient and doctor.

The more communication and the more talking that you can have with your doctor, the better.

The whole cliché of "I just want a happy baby and a healthy baby" is so old, but it's so true.

The steps you take before you try to conceive are important ones for the health of both you and your baby.

[End recording]