



*Fox Valley Reproductive Medicine (FVRM) is an independently physician-owned organization.*

## Pre-Pregnancy Checklist

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If you're ready to start planning for a pregnancy, there are several steps you can take to help prepare your body physically, mentally and emotionally. Use the following pre-pregnancy checklist to guide you through some of the most important stages.

- Schedule a pre-pregnancy checkup and any necessary wellness exams to discuss any pre-existing conditions, medical history, prescriptions or medications you are on, etc.
- Make sure you are up-to-date with your immunizations
- Talk to your physician about how and when to stop the use of birth control or other contraception methods
- Learn about the conception process, the early weeks of pregnancy and fetal development
- Track your menstrual cycles to determine [when you are ovulating](#)
- Eliminate any major risk factors including alcohol and smoking
- Eliminate any environmental hazards at home or work including high stress levels, exposure to toxic chemicals, heavy lifting, etc.
- Start following a balanced, nutritional diet and get your partner on board
- [Start taking folic acid and a prenatal vitamin](#)

### **FVRM is here!**

For more details on a healthy pregnancy:  
Call 920-560-5585 today