



# Preconception:

## Questions to Ask Your Doctor

- When should I start taking a prenatal vitamin?
- What type of prenatal vitamin do I need?
- What ingredients are most important in a prenatal vitamin and why? How much of each should I take?
- Are there any medications my partner should avoid as we try to become pregnant?
- How much folic acid do I need?
- I've heard about omega-3 fatty acids – why are they important during pregnancy?
- How do I get the right amount of omega-3s?
- Do I need to quit drinking alcohol?
- When do I quit smoking?
- Can I still drink coffee or caffeinated drinks?
- Which prescription or over-the-counter medications are safe?
- Is my current weight a problem?
- What foods should I eat?
- What foods should I stay away from?
- Can I continue to exercise?
- What kind of exercise program should I follow?
- What do I need to know about my family health history?
- What do I need to know about my partner's family health history?
- How long should I be off my oral contraceptive before trying to get pregnant?
- When do I ovulate? How do I track my ovulation?
- Are there any special screening tests I need to take?
- How long should I expect it to take to get pregnant?
- What physical signs or symptoms should I be aware of as I prepare for pregnancy?
- Is there anything related to my job or workplace that may present pregnancy-related health risks?
- Are there any changes I need to make with my pets when I become pregnant?