



# Planning to Have a Baby

## What is it?

If you're planning to have a baby, it's important to see your GP for a pre-conception visit so you can prepare for a healthy pregnancy and birth.

## What will my GP do now?

Your GP will give you information about how to prepare for a healthy pregnancy. Your GP will also:

- Help you manage any pre-existing health conditions and ensure your immunisations are up to date
- Arrange pre-conception tests
- Talk to you about your genetic risks and any other pregnancy risk factors
- Check the safety of any medication you are taking, including non-prescription and drugs
- Suggest multi-vitamins to start taking before you get pregnant
- Any other issues that may impact your chances of getting pregnant
- Possible options if you are finding it hard to fall pregnant

## What questions could I ask my doctor?

- What do I need to know before I conceive?
- What health issues may pose a risk?
- Which multi-vitamin should I take?
- Do I need to see a specialist?
- Which support services can help me?
- What happens if I fall pregnant now?



## What can I do?

A good strategy is to act like you're pregnant when you're trying to get pregnant. Eat a healthy diet full of fresh whole foods, exercise regularly, stop alcohol, quit smoking and get enough rest.

Follow your GP's instructions, and learn about what to expect during the early stages of pregnancy.

## What supports are available?

**Get healthy in pregnancy** is a free, personal phone coaching service helping you achieve your health goals.

Visit [gethealthynsw.com.au](http://gethealthynsw.com.au).

**Quit for new life** is a program for Aboriginal and Torres Straight Islanders to support women having a baby and anyone in their household who smokes.

Visit [health.nsw.gov.au](http://health.nsw.gov.au).

## Where can I learn more?

- **Centre for Genetics Education** – folate before and during pregnancy: [genetics.edu.au](http://genetics.edu.au)
- **NSW Food Authority** – pregnancy and food safety: [foodauthority.nsw.gov.au](http://foodauthority.nsw.gov.au)
- **Pregnancy, Birth and Baby** – planning for pregnancy: [pregnancybirthbaby.org.au](http://pregnancybirthbaby.org.au)