

Getting Ready for a Safe Pregnancy

Alana Revoal, DO
Boulder Women's Care

Paige Swales, CNM
Foothills Community Midwives
303-622-3174



Preconception Care

- Creating the healthiest environment for pregnancy
 - Healthy lifestyle



Preconception Care

5 important things to boost preconception health:

1. Start taking folic acid
2. Avoid tobacco, alcohol, and drugs
3. Keep medical conditions under control
4. Avoid toxic substances or material
5. Review medical history with your provider

Preconception Care

1. Folic acid

- Start taking 400 micrograms (mcg) daily
- It can help prevent major birth defects of the baby's brain and spine
- It is challenging to get enough folic acid from foods

Preconception Care

2. Smoking, drinking alcohol, and using drugs can cause problems during pregnancy

- Pregnancy loss
- Premature birth
- Birth defects
- Infant death



Preconception Care

3. Medical conditions can affect pregnancy

- Asthma
- Cardiac issues (i.e. hypertension)
- Diabetes
- Oral health conditions
- Obesity
- Seizure disorders
- Mental health disorders

Preconception Care

4. Avoid contact with toxic substances or materials at work & home

- Household cleaners
- Pesticides
- Cat feces
- Radiation exposure



Preconception Care

5. Talk with your provider about:

- Family planning
- Medications
- Appropriate vaccines
- Health screenings
 - Travel
- Health issues/conditions that run in your family or your partner's family
- Genetic screenings available

Preconception Care

Benefits:

- Reducing unintended pregnancy
- Prevent birth defects
- Prevent low birth weight and prematurity
- Prevent poor pregnancy outcomes
- Promote healthy behaviors and reduce risk-taking behaviors
- Promotes healthy family planning

Increasing Your Chances

Simple lifestyle changes:

- Maintain a healthy weight
- Eat a balanced diet
- Exercise regularly
- Take steps to manage/reduce stress
- Avoid tobacco, drugs, and heavy alcohol use

Preparing Your Body

Healthy habits now can help you have a healthy pregnancy:

- Healthy lifestyle
- Limit caffeinated drinks
- Ensure vaccinations are up-to-date
- Take a prenatal vitamin with folic acid
- Get appropriate health screenings
 - STI's
 - Genetic screenings

Ready to get Pregnant

Timing is everything!

- Be aware of your menstrual cycle and the changes in your body that happen during this time
- Ways to increase your chances of pregnancy
 - Monitor your cycle
 - Can check hormones with a home ovulation predictor kit



Am I Pregnant?

- Some women know right away and others are surprised!
- The easiest way to find out if you are expecting is by taking a home pregnancy test
 - If your test is positive, call your provider and schedule a visit right away
 - If your test is negative and your period doesn't start soon, take another test in 1 week

I'm Pregnant! Now What?

- Select the provider that is best for you and your family
 - Make an appointment/establish care
 - Follow your provider's recommendations
 - Ask questions!

Which Provider is Right for You?

- The decision between an Obstetrician and a midwife is yours
- It comes down to personal preference as well as your individual health
- Knowing your risk factors
 - High risk pregnancy

Which Provider is Right for You?

- Choose a provider
 - Midwifery care (CNM)
 - Obstetrician care (OB)
- Team approach
 - Referrals as necessary
 - Collaborative care amongst your providers
 - Inclusive of Maternal fetal medicine providers
 - Ensure best outcomes possible



Reproductive Plan

- Speak with your provider to have a discussion about what the next steps are for you and your family
 - How can we guide and support you during this process?

Why Choose BCH?

- Facility
- Supportive staff
- Specialty availability
- Boulder Women's Care & Foothills Community Midwives



Thank You!



Boulder Community Health