

GETTING READY FOR PREGNANCY

Becoming parents is one of the most transformational experiences of your life! While making plans to have a baby is extremely exciting, it can also be overwhelming. As the largest birthing center in Los Angeles and San Bernardino Counties, Pomona Valley Hospital Medical Center is here to help! Use this 8-step guide to support you and your partner as you make your dream of becoming parents a reality.



1 START THE BABY TALK

Discuss your plans to get pregnant with your partner. You want to make sure that you are both ready to become parents.

2 QUIT YOUR BIRTH CONTROL

Stop using birth control 1 to 3 months before you try to get pregnant. If you aren't ready to get pregnant right away, you may want to use another form of contraception.

3 EAT RIGHT

Maintain a healthy weight by focusing on a well-balanced diet. Start taking prenatal vitamins with folic acid 1 to 3 months before you start trying to get pregnant. You will want to stop smoking and drinking alcohol and cut back on caffeine as well.

4 PREPARING FOR THE PUSH

It's called labor for a reason, so be sure to exercise regularly in preparation for birth. Walking is a great low-impact way to raise your heart rate. Thirty minutes of walking per day is recommended.

5 SEE YOUR DOCTOR

Schedule a prenatal and dental checkup. Discuss your plan to get pregnant with your doctor so you can determine what tests or vaccines you may need, how to manage any pre-existing conditions during pregnancy and what medications are safe to use while pregnant.

Need an Obstetrician? We can help! Contact our Physician Referral Service at **909.865.9858**.

6 GET DAD READY, TOO!

It is just as important that your partner is in overall good health before deciding to have a baby. He should schedule an appointment to see his doctor for a complete physical.

7 MAKE A PLAN

Don't stress yourself out. Look into your health benefits and discuss what your out-of-pocket expenses may be. Put together a budget that includes maternity/paternity leave and childcare.

8 HAVE SEX!

Chart your cycle to help you more accurately predict your fertility, and start having sex!

ENJOY A HEALTHY PREGNANCY!

POMONA VALLEY HOSPITAL

MEDICAL CENTER

WOMEN'S AND CHILDREN'S SERVICES

Expert care with a personal touch