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## Preconception Counseling

There are many ways that you can help create an environment for a healthy pregnancy and safe delivery even before you conceive. We recommend that you make an appointment for a preconception visit with your doctor before you attempt pregnancy to discuss your special circumstances and health care issues. Your doctor will discuss nutrition, exercise guidelines, family history of hereditary diseases, vitamin and mineral supplements, safe practices with pets, and hints on the right time to conceive. If you have any medical problems or concerns or you are currently taking any medications or supplements, it's especially important to make this visit. Your doctor can check to see if you are immune to important diseases that may affect your pregnancy and you can obtain any vaccinations that are needed.

**Remember-All women of childbearing age who have even the potential to conceive should be taking 400 milligrams of folic acid daily.**