

thinking of having a baby?

What you need to know

"A healthy diet and lifestyle can help you to keep well during pregnancy and give your baby the best possible start in life, this applies to men too! You are more likely to get pregnant if you are both in good health "

- If you smoke you should get advice about stopping smoking as soon as possible
- If you are pregnant or trying to conceive avoid drinking alcohol and taking illicit drugs
- Take 400 micrograms of Folic Acid a day (1 tablet per day)
- If taking any regular medication, herbal remedies or over the counter medicines, discuss this with your pharmacist
- Eat a balanced diet, work towards a healthy weight and take regular exercise
- Make sure your immunisations are up to date, especially Rubella
- Have you had your Chlamydia screen?
- Find out more about the benefits of breastfeeding
- **If you have a positive pregnancy test see your Midwife or GP as soon as possible**

Ask your local Pharmacist for advice!

Healthy you
Healthy Baby