

Handy hints for making babies for women

There are some important changes you can make to your lifestyle that increase your chances of getting pregnant and having a healthy baby.

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| Have a BMI of 20 – 25 | <ul style="list-style-type: none"> • A healthy body mass index (BMI) is associated with better fertility. • Pregnancy in overweight women is associated with problems such as diabetes and high blood pressure. • Eat healthily and undertake moderate exercise regularly. |
| Don't smoke or do drugs | <ul style="list-style-type: none"> • Smoking halves the chances of conceiving each month and can also double the chance of miscarriage. |
| Take folic acid and multi vitamins | <ul style="list-style-type: none"> • Take Folic Acid supplements when trying to get pregnant and up to 12 weeks into the pregnancy. • Folic Acid can help reduce the chances of spina bifida by up to 92%. Other minerals and supplements may also be useful. • Use iodised salt, as iodine is necessary for fetal brain development. • Avoid Vitamin A. |
| Reduce alcohol and caffeine | <ul style="list-style-type: none"> • Caffeine may reduce your chances of conceiving. • There is no safe limit of alcohol during pregnancy, so it's best avoided. |
| Medication | <ul style="list-style-type: none"> • Discuss all your medications with your doctor. |
| Rubella | <ul style="list-style-type: none"> • Make sure you have had a rubella immunisation. Rubella can damage unborn babies. |

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