

You're ready to start a family

## Congratulations!

### Now it's time for preparing and doing

Whether you're buying a house, car or taking that long-awaited vacation, you know you have to do some diligent planning and make some thoughtful decisions.

**Building a family requires just as much detailed planning to enable the best outcomes throughout your pregnancy and delivery.**

### Where do you start?

The decision to have a child will likely be one of the most meaningful decisions of your life. Being knowledgeable and prepared can help to ensure your best possible pregnancy experience.

For a healthy pregnancy, begin to plan early

**Pregnancy is a special experience that is most enjoyable when in good health.**

See a full list of our OB/GYN physicians and learn more about McLaren Macomb's Family Birthing Center on our website, [mclaren.org/deliveringdaily](http://mclaren.org/deliveringdaily).



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## Getting Ready to Start a Family

*Planning for a Healthy Pregnancy*



## Looking for an OB/GYN

### If you are looking for an OB/GYN, consider McLaren Macomb

At McLaren Macomb we understand that selecting the right obstetrician/gynecologist is an important decision. That's why we assembled a team of OB/GYN physicians from a wide variety of backgrounds to meet your health care needs before, during and after pregnancy.

When you're preparing to become a new mother, McLaren Macomb's OB/GYN team is prepared to provide the care you need.

### Family Birthing Center at McLaren Macomb

An expectant mother knows that selecting a hospital for delivery of her baby is an important decision. Staffed by experienced nurses, the Family Birthing Center at McLaren Macomb provides the highest quality of clinical expertise and care. McLaren Macomb also offers a wide range of birthing classes throughout the year.



## Things you should know

### Getting your body healthy before conception is the most important first step you can take.

Know the risk factors that require immediate attention, such as the use of:

- › Tobacco products
- › Alcohol
- › Recreational drugs

### If you use tobacco, alcohol or drugs, you may need to seek help to quit.

### Get your body in shape

Take 400 micrograms of folic acid every day to help prevent major birth defects. You should also:

- › Reduce or eliminate caffeine intake
- › Avoid toxins and other hazards
- › Develop healthy eating habits
- › Exercise routinely
- › Discuss medications with your doctor

## See your physician before you get pregnant

At this appointment, your doctor will want to review your:

### Family history

If you are at risk of carrying a genetic disease that runs in your family or ethnic group, there are things you can do before you get pregnant to decrease the likelihood of passing the gene on to your baby.

### Medical history

If you have current medical conditions, such as diabetes, obesity, high blood pressure, lupus, thyroid disease, eating disorders or chronic diseases, your doctor will want to be sure they are under control and being treated.

Talk with your doctor about your risk factors and whether screening tests are needed. Review your immunization records to make sure you are up-to-date.

### Your mental health

For some women, pregnancy can be an overwhelming time. Be sure to discuss with your physician if you have cause for anxiety.