



Health Before Pregnancy (Preconception Health)



An Easy Read Booklet

What you need to know



Men and women need to be healthy before they become pregnant.

This is called preconception health.

Unhealthy people can still get pregnant.

Being healthy improves your chances of becoming pregnant and reduces the risk of things going wrong.



Almost half of all pregnancies are unplanned.

Waiting until you are pregnant to improve your health can be too late.

Especially if you don't know you are pregnant for the first few weeks.

What does this mean for you?



If you are not ready to be a parent practice safer sex.

You choose if and when the time is right to have a baby.

It helps to have positive relationships, with family or friends



and

having people who can offer you help and support.

If you are planning to get pregnant



Don't drink alcohol

As it can harm your baby.

No alcohol no risk.



Stop Smoking:

Smoking is harmful to you and your unborn baby and the people around you.



Take a folic acid vitamin supplement everyday.

Keep active such as walking or swimming.



Try to keep a healthy body weight.

If you are planning to get pregnant



Eat a healthy diet.



STOP

Taking illegal drugs is harmful to you and your unborn baby.



CHECK



You have had the Measles Mumps and Rubella (MMR) injection.

If not sure ask your



Talk to your GP about any medication you are taking such as tablets or liquids.



As some could harm your baby.

Find more Information



Talk to a Health Professional like your GP or Practice Nurse.

www.nhslanarkshire.org.uk



Healthy Living

Preconception Health

Confidentiality and the use of patient information

For the purpose of your present and future medical treatment, we will record details of your care. Some use may be made of this information for research purposes and to help in the planning of health services for the future. Some information will be processed on a computer. Information about your care and treatment may also be viewed by inspectors authorised by the Scottish Government. At all times great care will be taken to ensure that your information is kept confidential.

The “**Data Protection Bill 2018**” gives you the right of access to any personal information which NHS Lanarkshire hold about you

either in manual records or on its computers. If you wish to apply for access to your data, or if you would like more information about your rights under the Act you should, in the first instance, contact the **Health Records Manager** at the hospital.

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.org.uk

NHS Lanarkshire General Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland. www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail info@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

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