

Information for Your Pregnancy

It is important that you:

- Take **daily prenatal vitamins** containing at least **0.4 mg folic acid**
 - Talk to your doctor if you have an underlying medical condition or a family history of neural tube defect. You may need more.
- Stop drinking alcohol, smoking (including marijuana), and using any illicit substances
 - If you need help with stopping these, talk to your doctor
 - There is no safe amount, but if you are unable to stop completely, using less is still beneficial
- Talk to your doctor about any **travel plans for you or your partner**. Avoid travel to Zika-affected areas during your pregnancy (see <https://www.cdc.gov/zika/pregnancy/index.html>).

Read about genetic screening options:

- Information is available at Perinatal Services BC:
<http://www.perinataleservicesbc.ca/our-services/screening-programs/prenatal-genetic-screening-program>
- **“Prenatal Genetic Screening: It’s Your Choice”** pamphlet is a good starting point:
<http://www.perinataleservicesbc.ca/our-services/screening-programs/prenatal-genetic-screening-program/resources>

More information is also available at:

- **Baby’s Best Chance** and **Pregnancy Passport** on Healthy Families BC:
<https://www.healthyfamiliesbc.ca/about-us/additional-resources>
- **SmartMom** (free pregnancy information via text message):
<https://www.smartmomcanada.ca/>