

Congratulations on your pregnancy!

Now what?



1. Contact a midwife in health center and schedule your first prenatal appointment.
2. Think about your diet and take prenatal vitamins (folate and vitamin d). Quit smoking, vaping and using nicotine and don't drink any alcohol.
3. If you are using any medicine consult your doctor.
4. Read the „Diet and pregnancy Information for women of child-bearing age” found on google and read about antenatal scanning and decide if that is something you want for you and your baby.
5. Limit caffeine consumption to 200 mg per day or less.
6. Get a pregnancy app.
7. Start moving, take daily walks.
8. Rest plenty and drink plenty of water.
9. Start documenting your pregnancy, how you feel and what you are thinking (if you want).
10. Plan how and who you want to tell about your pregnancy.
11. Decide if you want to know the baby's gender, if that is something you want you can book an appointment around 17 weeks at www.ljosa.is.

