

What is Interconception?

- Interconception care is the care given between pregnancies and subsequent pregnancies.
- Interconceptional care, or the treatment and management of medical problems between pregnancies, can improve the management of chronic diseases before, during, and after pregnancy.



What to Do For Interconception Care

- Go to your primary care provider, family physician, or gynecologist to discuss the best plan of care.
- Consume a healthy diet
- Get 7-8 hours of sleep a night
- Partake in physical activity for at least 20-30 minutes every day.

For more information



SCAN ME

INTERCONCEPTION CARE



Common Discussions in Interconception Care



- Maternal depression
- Tobacco use
- Substance use
- Folic acid supplements
- Family planning

Health Conditions Commonly Discussed

- Chronic Hypertension
 - Diabetes Mellitus
- Chronic Kidney Disease
 - Glomerular Disorders
 - Obesity
- Venous Thromboembolism
- Postpartum Mood Disorders
- Postpartum Weight Retention

For more information

