

PRENATAL VITAMINS

Not all prenatal vitamins are the same. Prenatal vitamins help ensure your baby is getting all the essential nutrients it needs for development. If you are contemplating pregnancy our physicians recommend starting prenatal vitamins 2-3 months before trying to conceive.

Folic acid is a B vitamin that helps prevent neural tube defects in babies when taken before conception and during the first few weeks of pregnancy. The best way to get enough folic acid is to take an over-the-counter prenatal multivitamin containing 400mcg of folic acid. Once you conceive, you can call the office and request a prescription prenatal vitamin or ask what your physician prefers.

If your prenatal vitamin makes you nauseated, try taking it at night or with a light snack, if that doesn't help, call the office. Some prenatal vitamins may cause constipation, increase your fluids and fiber or see "**Approved Medications During Pregnancy**" list at the top of the page for constipation remedies.