

Stillbirth Society of India

Preventing death before birth

SBSI Pre-Conception Care Bundle

1. Every pregnancy should be a planned and wanted pregnancy
2. If you are having hypertension, diabetes, epilepsy, heart disease, renal disease or any other illness consult a doctor before you plan a pregnancy
3. Switch over to safe drugs for these diseases before you plan your pregnancy with the help of your doctor
4. Quit smoking
5. Aim for ideal body weight
6. Start folic acid tablets
7. Consult a doctor as soon as you become pregnant



For more information visit our website:
<https://www.stillbirthindia.org/>.