

### **Trying to Conceive in the Future:**

- Always talk to your doctor about all your meds and their impact on your "baby future" even if it's years away.
- Ask (seriously) if your rheumy can fully support your decision to have a baby.
  - If not supportive, get a new rheumy.
- Ask rheumy about his/her care of you during pregnancy. What experiences does he/she have with RA and pregnancy? Make sure this matches what you need.
- Can your body handle a vaginal delivery?

### **Trying to Conceive (TTC) and Pregnancy**

- Are you off all meds you need to be off for recommended period of time?
- Does your doc say, "Go!"
- Are you and your rheumy on the same page with your care?
- Can you call your rheumy if you start to flare? # \_\_\_\_\_
- How soon could you get an appointment (very very important). \_\_\_\_\_
- What can you do safely if you start to flare? \_\_\_\_\_
- Ask doc to make a list of do's and don'ts.
- Look into entering a drug study or registry if you are staying on any meds. (see "Medications" page)
- If going off meds, get handicap sticker for car.
- Prepare family and friends for your journey. Get support!

### **Pregnancy**

This is likely when you will feel best, so...

- Put crib together.
- Get a changer at a good height.
- Get a comfy chair for feedings.
- Find the best car seat (think about that button!) and stroller you think you can manage when flaring.
- Go to a good baby store and ask to fit strollers and car seats in your car. Some strollers are too big for the trunk. (I did this at Baby Depot, and they even helped me).
- Make an appointment with baby's future pediatrician. Discuss your meds (if applicable) for pregnancy and breastfeeding.
- Make those breastfeeding decisions!
- Research your meds and the breastfeeding or formula options.
- Prepare for a flare.
  - Call in family and friends.
  - Hire help.
  - Have a back-up plan. Most women flare 4-6 weeks postpartum.
- Make follow-up rheumy appts for postpartum \_\_\_\_\_
- Visit MomsWithRA.org forums, talk with other moms with RA and learn about adaptive strategies!