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Questions, appointments, and other notes

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**Grady Memorial Hospital  
Interpregnancy Care Program**



*For mothers of preterm babies,  
it's best to wait before becoming pregnant again.*

This material is for your information only. This brochure should not take the place of medical advice and care. If you have any questions about your health, talk to your doctor or nurse.

Para recibir esta información en español, por favor pida la versión del folleto escrita en español, o llame al (404) 616-9626.

 Grady Health System®

80 Jesse Hill Jr. Drive, SE  
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## Why should you wait?

The amount of time you wait between the birth of your last baby and a new pregnancy can affect the health of future babies you may be planning.

Your doctors and nurses may not completely understand why your last baby came early (a preterm baby). But we do know that certain health and social conditions make you more likely to have another preterm baby.



## You are more likely to have a preterm baby if:

- you get pregnant less than 18 months after your last baby's birth. Your chances are even higher if you get pregnant in less than 6 months
- you are Black

Your chances also go up if you have health problems that are not treated such as:

- poor eating habits and lack of vitamins from a healthy diet
- infections of your vagina
- diabetes
- high blood pressure
- gum disease

## How can you decrease your chance of having a preterm baby in the future? *Plan your next pregnancy.*

If you want to have another baby, wait at least 18 months after your last baby's birth before getting pregnant. Work with your doctor or nurse practitioner to find birth control that is right for you.

During these 18 months or more, focus on ways to stay healthy:

- Keep a healthy body weight by eating nutritious foods and getting exercise every day. If you are overweight, underweight, or need help choosing healthy foods, your doctor can refer you to the Grady Nutrition Program.



- Try to get rid of some of the stress in your life. Be around positive people, take a stress management class, pray, meditate, and do what you can to address your problems or negative feelings.



- Take a prenatal or multivitamin that has folic acid and zinc each day.



- Use condoms when you have sex to prevent STDs (sexually transmitted diseases).



- Do not drink alcohol (beer, wine, or liquor), smoke cigarettes, or use illegal drugs.



- Work with your doctor or nurse practitioner to find, treat, and control any health problems that you may have.

