

# Pregnancy After Age 35



It's a myth that being 35 or older means your pregnancy will be high risk. But people with pre-existing health problems may be at risk for complications during pregnancy. Making the right choices now and working with your healthcare provider can help make your pregnancy healthy for both you and your baby.

## Things to think about

Most people who are 35 or older have normal pregnancies. But there are some things to think about before getting pregnant. Once a person reaches 35, they have a greater chance for:

- Problems getting pregnant
- Miscarriage
- Fertilized egg grows outside the uterus (ectopic pregnancy)
- Stillbirth
- Diabetes or high blood pressure while pregnant
- Being tired all the time when pregnant
- C-section delivery
- Having babies with genetic problems, such as Down syndrome
- Being pregnant with 2 or more babies
- Premature baby
- Death

## Making the right choices

Before and after you become pregnant:

- **Don't** use illegal drugs.
- **Don't** drink alcohol.
- **Don't** smoke.

## Keeping you and your baby healthy

Before and during your pregnancy:

- Take 400 to 800 micrograms of folic acid.
- Stay physically active.
- Keep a healthy weight.
- Stay away from harmful substances in your home or workplace.

You may need extra care if you have any of these:

- Sexually transmitted infections
- Diabetes
- High blood pressure
- Other chronic health problems

## Special healthcare

- **Fertility counseling.** As people age, it can be harder to get pregnant. Ask your healthcare provider how long you should try to get pregnant before seeing a specialist.
- **Genetic counseling.** This helps evaluate the risk for birth defects in your baby. You will be asked detailed questions about your family health history. You may also have medical tests.
- **Amniocentesis.** This test studies the fluid around your unborn baby (amniotic fluid). It can help diagnose birth defects and other health problems.

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