

If you are planning to become pregnant, it is important to:

- Become established first with an OB-GYN (a specialist of Obstetrics and Gynecology who monitors pregnancies and delivers babies).
- Talk with this doctor about any substance you use, such as [alcohol](#), [tobacco](#), [prescription, over-the-counter](#), or [street drugs](#) (including [marijuana](#)).

Some substances could affect the baby, and you and the doctor may decide that it is best to wait to become pregnant until you are able to stop or decrease using these substances. If so, the doctor can provide you with information regarding birth control options that are free or covered by your TennCare or insurance plan. To find out about birth control options at your local health department use the contact information for your county provided [here](#).

If you are already pregnant, it is important to:

- Make an appointment with an OB-GYN.
- Talk with this doctor about any substance you use, such as [alcohol](#), [tobacco prescription, over-the-counter](#), or [street drugs](#) (including [marijuana](#)).
- Please see the doctor regularly as recommended.
- Do not [start or stop taking medicines](#) during your pregnancy unless you speak with your doctor.
- After your baby is born, make sure that your baby has insurance or TennCare. The hospital where the baby is born can help with this if you ask.
- To prepare for your baby's arrival, please find a doctor (such as a pediatrician or a family practice doctor who sees children) and make sure that the doctor can accept new patients with your insurance or TennCare plan.
- Take your baby to all visits as recommended by the doctor.