



It's more fun to book a reception hall, sign a contract with your wedding photographer and pick out dresses and flowers, but remember how vital our physical and emotional health are to a happy marriage and happy life. Setting a date for your wedding day should also trigger you to set an appointment with your healthcare provider to help you plan for these upcoming changes in your life.

Here are the 7 things you should know before you get married.

Locations

Women's Care

PAYSON
15 S 1000 E, Ste 125
Payson, UT 84651

SPANISH FORK
819 E Market Place Dr,
Ste 300C
Spanish Fork, UT 84660

For an appointment at either location
call 801-465-2559. Se habla español.



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7 Things to Know Before You Marry.



1

How to Avoid Pregnancy.

There are a variety of contraceptive methods available and finding the right one for you is important. Many forms of contraception will take a month to be effective but it is ideal to start three months before getting married in order to get used to the method and evaluate for any possible side effects. It is helpful to look up options online but be cautious about the truth versus bias and personal experiences. When looking online for options, be sure to look at reputable sources like Bedsider.org or WomensHealth.gov. Talk to your provider about your concerns and work together to evaluate which method is best for you.

2

How to Avoid Painful Sex.

Some women have pain or bleeding the first time they have sex. Gradual stretching of the membrane that partially covers the vaginal opening (hymen) before getting married and discussing proper lubrication will help alleviate some fears and make intercourse more enjoyable.

3

How to Avoid a Bladder Infection.

Some women are prone to getting a bladder infection when they become sexually active. In order to avoid uncomfortable symptoms of an infection, it is helpful to drink plenty of water (about three liters per day). The more you drink, the more you urinate, which helps flush the urinary system and helps prevent a urinary tract infection (UTI).

4

What to Do When Wanting to Get Pregnant.

Preconception health focuses on things you can do before and between pregnancies to increase your chance of a healthy pregnancy and newborn. You should focus on getting in shape nutritionally, physically,

financially and emotionally. Here are some tips to help get ready for pregnancy:

- Focus on good NUTRITION and start taking a prenatal vitamin three months before trying to get pregnant.
- Get in shape PHYSICALLY.
- Control any chronic MEDICAL CONDITIONS.
- Eliminate unnecessary MEDICATIONS. You should talk to your provider before abruptly stopping prescription medications.
- Get VACCINATED.
- Eliminate any HABITS that may affect the health of your unborn child, (tobacco, alcohol, any illicit drug use, excessive caffeine consumption).

5

How to Live Healthy.

- **Get regular annual examinations.** Prevention is the best medicine!
- **Exercise approximately 30 minutes most days of the week.** Include aerobic, strength and flexibility training.
- **Keep up to day on vaccines.** HPV (ages 11–26), Tdap every 10 years, flu vaccine annually, Hepatitis A, Hepatitis B, meningitis, Varicella. For more information go to ImmunizationForWomen.org.
- **Maintain a normal weight.** Body Mass Index (BMI) gives you a relative idea of how appropriate your weight is for your height. Avoid eating processed foods which are typically calorie-laden and promote overeating and weight gain.
- **Learn to manage stress in healthy ways.**
- **Get adequate rest, about 8 hours each night.** Sleep is vital for optimal health and creates a sense of well-being.
- **Get adequate calcium,** approximately 1,000mg per day, depending on your age. If you don't like milk/dairy products or are lactose

6

How to Enjoy Marriage After the “Honeymoon” Phase.

There are countless books, seminars, websites and advice in this area. Set goals together regularly, seek to understand your spouse and avoid being selfish. Trust, honesty, mutual respect and effective channels of communication will help you connect with your spouse and enable you to be truly happy. This takes work but is always worth it.

7

Where to Get Help When You Have Questions.

Every relationship and couple has their own unique joys and struggles. Seek professional help when needed and look for reputable sources of information when you have questions or concerns.



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