

Guidelines for patients:

- Pl contact doctor as soon your pregnancy test is positive, as we prescribe vitamins for the baby's nerve development.
- Avoid heavy exertion, heavy lifting during pregnancy.
- Avoid any type of infection especially urinary tract infection in pregnancy and high temperature as it is very damaging to the baby.
- Eat nutritious diet especially good carbohydrates as Roti ,Rice . banana .
- Good protein as Daal . chana ,non vege if you can take or paneer, soyabean
- Avoid food of outside especially road side food.
- Avoid constipation.
- There should be at least 20 foetal movement count per day.
- Please come at the follow date for check up , if you miss for some reason then pl, come in the next week .
- Pl take prior appointment from Clinic for convenience.
- If any emergency pl send me SMS/ Whatsapp and then call. But just for an enquiry, send sms only.
- No advice will be given on Whatsapp and no comment on the report will be given on Whatsapp . Please call only in severe emergency.
- Please register with me at least at 5 months pregnancy for the confirmation of delivery by me.

Choice for Delivery– Private ☐ Government ☐

DR. FAKHRA MASROOR, MBBS, DNB (Obs & Gyn), FIAOG
Consultant Gynaecologist & Laparoscopy Surgeon

Appoint for Consultation : 9051611973 / 9432674365

● EHSAN CLINIC

59 F, Tiljala Road, Near Abdul Hamid Masjid (Bridge no 4)
Mon to Sat: 6.30 pm – 8.30 pm

● SONOSCAN HEALTHCARE PVT LTD

44 CIT Road Kolkata – 14, Opposite Ladies Park
Wed: 2 pm – 4 pm, Fri: 6 pm – 8 pm, Sun: 10 am – 11 am

● FATMA MEDICAL

3/H/4, Raja Dharendra Street, Kolkata (Near Doodh Kothi) Rajabzar
Mon / Wed : 4.00 pm – 6.00 pm

● MSS BANSAL MEDICAL

2, Mayurbhanj Rd., (Near CMRI), Naptani Bagan, Mominpur, Kol - 23
Tue / Thur : 10 am – 12 Noon



Cherish every moment with your baby in womb

Name

Age

Contact No.

Case File

High risk factor

Inj Betenasol

Counselling

Obs History:		
Gyn:		
Surgery		
Family	Medical	
Treatment	First ANC	
LMP	EDD	
Past obs	Tetanus toxoid	
Allergy	Hb	
Urine RE, ME	PPBS	
USG 1	USG 2	
USG 3	VDRL HIV	Anti HCV HBsAg
HPLC Urine R/E ,M/E Ft4 TSH	Blood group	
PT BT	APTT CT	LFT

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