

Pregnant women with any of the following conditions need to go to meet a doctor

- Repeated neo-natal deaths, stillbirths, premature births or repeated abortions.
- Vaginal bleeding during present pregnancy.
- High blood pressure or abnormal urine test.
- If the woman's previous delivery was through abdominal operation or she has had some other abdominal operation in the past.
- The woman has heart disease, anaemia, high blood pressure, jaundice etc.
- Very big size of abdomen.
- Twins.
- Baby is upside down or in abnormal position inside the uterus.

As ASHA, you should counsel and help in getting such women to hospital.

Home care during pregnancy

- The woman's family and community have the key responsibility for making sure that the woman gets more food, takes rest and does not have to do heavy manual work during pregnancy
- The pregnant woman needs extra energy from food, for the sake of her own health, for the growing foetus and for effective breastfeeding later on.
- During pregnancy a nutritious diet which is rich in iron, calcium and protein is required. For this, a pregnant woman should eat more green, leafy vegetables like palak and sarson, dals, milk, jaggery, eggs, fish, meat, etc. Taboos and restrictions on a pregnant woman's diet, such as not allowing certain vegetables, fruits, milk and ghee, might in fact harm her and the baby.
- Pregnant women are entitled to get food from the anganwadi centre.
- A pregnant woman should not fast. This deprives her and the growing baby inside the uterus of essential food.
- Pregnant women should not carry out heavy manual labour, like working on construction sites, famine relief, brick kilns, etc. Other members of the family and community should help to reduce her work burden.