



Care during Pregnancy

Pregnancy is a natural event in the life of women of reproductive age group. However, during pregnancy and childbirth some problems may arise which can threaten the life of the mother, baby or both. It is possible to identify women with some problems quite early if they have routine ante-natal check-up. This will enable them to access specialist care. Care during pregnancy is important to monitor progress and growth of the baby, detect complications at the earliest and treat them accordingly. During the visit the woman and her family should be advised proper nutrition, rest, exercise. They can make plans about where to deliver. This will help both the woman and baby to have a happy and healthy outcome. Minor ailments of pregnancy (e.g. vomiting, heart burn, constipation, backache etc.) are looked after during ANC.

Schedule of pregnancy care

- The first visit is recommended as soon as the woman feels that she is pregnant. This is called registration of pregnancy, which ensures that all pregnant women receive care throughout pregnancy.
- In villages/districts where female foetuses are being eliminated before birth, it is further important that pregnancy is registered early.

