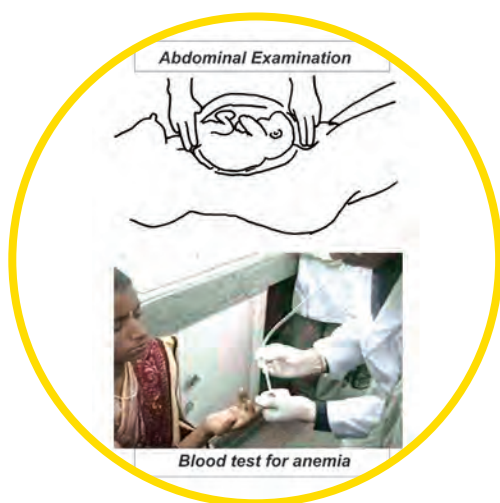


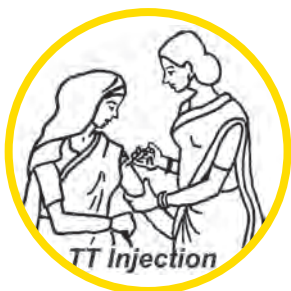
- The second visit should be made between the fourth and sixth month
- The third visit should be planned in the eighth month
- An additional visit in the ninth month would help provide better care.
- If the health worker identifies health problems during these visits, a visit to a doctor will become necessary.

What is done during pregnancy check-up and care?



- During the first check-up the complete history of this pregnancy and previous pregnancies, if any, and whether the woman has had any medical/surgical problem in the past is taken.
- The ANM will weigh the woman to see whether the woman is gaining adequate weight during pregnancy, and also check blood pressure (using a balloon-like instrument), and see whether it is normal or not.
- Breast examination to check whether breasts and the nipples are normal will be carried.

- Abdominal examination will be done to know the growth/position of the baby.
- A simple blood test will be done to see if the woman is anaemic (lacks blood) and if so, the severity. If the woman has anaemia, prompt treatment will help prevent complications.
- Urine examination
- TT Injection
- During repeated visits, details of any problem appearing since last visit will be taken care of. BP, weight, and abdominal examination will be repeated.



- Iron tablets will be given to all pregnant women and also treatment for anaemia depending upon the blood test results.
- By carrying out a complete pregnancy check-up, the ANM would be able to detect problems and decide on referring the woman to a doctor.