

Facts about Antenatal Check-up

How many antenatal check-ups?

Four antenatal visits must be ensured, including registration within the first three month period. The suggested schedule is as below:

1st visit: Within 12 weeks preferably as soon as pregnancy is suspected for registration of pregnancy and first antenatal check-up

2nd visit: Between 14 and 26 weeks

3rd visit: Between 28 and 34 weeks

4th visit: After 36 weeks

It is advisable for the pregnant woman to visit the Medical Officer (MO) at the PHC for the third antenatal visit, as well as availing of the required investigations at the PHC.



Essential components² of antenatal care

- Early registration
- Regular weight check
- Blood test for anaemia
- Urine test for protein and sugar
- Measure blood pressure
- One tablet of IFA every day for three months to prevent anaemia
- Treatment for anaemia
- Two doses of Tetanus Toxoid (TT) vaccine
- Nutrition counselling
- Preparing for birth.



² The components of ANC have already been covered in Module 2.