

- Pregnant, adolescent girls are especially likely to be under-nourished and are more likely to suffer problems during delivery. They need extra nutritious food and help for safe delivery at a health facility.
- Sometimes there are overweight pregnant women who need to avoid eating fat-rich food like oil, ghee, sugar, etc), but they should continue to eat vegetables, fruits, nuts and milk which are rich in iron, calcium, vitamins and minerals. They should also take regular exercise and consult a doctor.

### Anaemia in pregnancy

Lack of blood in the body is known as anaemia. It is very common in our country. Anaemia in pregnancy leads to complications in pregnant women and can even result in the death of mother and baby. You should be aware that a pregnant woman with anaemia looks pale, feels tired, complains of breathlessness on carrying out routine work, and might have swelling of the face and body. Anaemia can be prevented and treated completely if the woman follows the advice of ANM/doctor.

- Anaemia is treated with iron tablets, which have to be taken daily for many months during pregnancy or by giving injections. If the anaemia is severe, hospitalization and blood transfusion may be required.
- To prevent anaemia, all pregnant women need to take one iron tablet daily, starting after three months of pregnancy. In this way, she must take 100 tablets.
- While giving iron tablets, the woman should be advised that some side effects might occur. However, they can be managed in the following ways:
  - Nausea or occasional vomiting – this can be prevented/avoided by taking the tablet after meals.
  - Constipation – this can be managed if the woman drinks more water and eats fruits.
  - Black stools or mild diarrhoea.

### Note

- Iron tablets should not be taken along with tea as that reduces its absorption.
- Anaemia, pregnant women must have deliveries in hospital.

### Malaria in pregnancy

- Malaria during pregnancy might be fatal for the woman and may cause abortion, stillbirth, low birth weight babies or premature labour.