



Antenatal Care in these Pandemic Times

Essential Information for Mothers-to-be

Pregnancy is a physiological state to be enjoyed and not to be scared of.

Am I pregnant? If you were looking to get pregnant, Antenatal Care is for you.

- ✓ If you miss your regular periods by more than 7 to 10 days, do a home pregnancy test. In case, there is the happy likelihood that you might have got pregnant.
- ✓ Contact an obstetrician after 6 to 7 weeks of missing your periods.
- ✓ Follow regular checkups thereafter as advised (every four weeks for the first 28 weeks, then every two weeks till 36 weeks and thereafter weekly till delivery).
- ✓ Usually, your BP would be measured, along with an abdominal examination, and a check for any swelling of your feet and signs of anaemia.
- ✓ A blood test and a urine test would be done periodically.
- ✓ Ultrasound for anomalies should be done between 17 to 19 weeks.
- ✓ You would also be receiving injections to protect against Tetanus.
- ✓ Before your antenatal care visit, please make a list of questions or concerns to discuss with the doctor.



Antenatal care is essential for protecting the health of pregnant women and their unborn children. Through this form of preventive healthcare, women can learn from skilled health personnel about:

- Healthy behaviour during pregnancy
- Better understanding of warning signs during pregnancy and childbirth
- Receive social, emotional and psychological support at this critical time in their lives

Through antenatal care, pregnant women can also access:

- Micronutrient supplementation
- Treatment for hypertension to prevent eclampsia
- Immunisation against Tetanus

Pregnancy and work:

- Please continue to work and undertake all other routine activities as before, till your doctor advises you to take maternity leave and stay at home.
- Hard physical labour or intense exercise must be avoided throughout pregnancy.



COVID and Pregnancy...

Vaccination is now available for both pregnant and lactating women.

Don't Hesitate, Vaccinate! Guidelines have been updated as it has been found that the benefits of vaccination far outweigh any potential side effects.

