

# ANTENATAL CHECK-UPS DURING PREGNANCY

## Antenatal Care (ANC)

- ❖ Every pregnant woman should have at least 4 antenatal visits, including first visit when registration is done.
- ❖ A pregnant woman must have her blood pressure checked at each visit
- ❖ Examine blood and urine at each visit



- ❖ A pregnant woman must be weighed at each visit.
- ❖ A pregnant woman must take two T.T. injections. T.T.1 when pregnancy is confirmed and T.T.2 after one month
- ❖ Take one tablet of iron folic acid a day for at least 100 days during her pregnancy to prevent anaemia from second trimester.

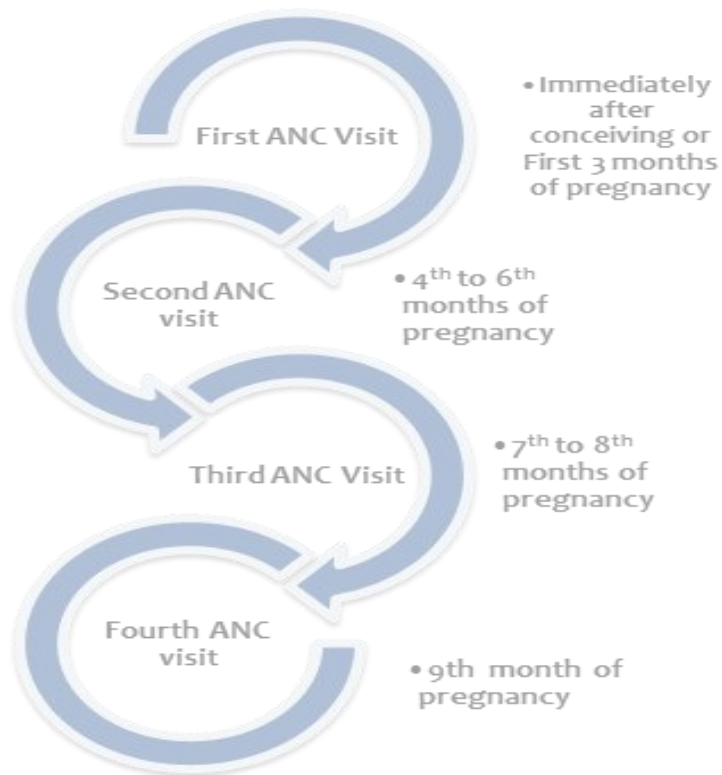
## During Pregnancy

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- + Consume a variety of foods
- + Consume more food-around ¼th times extra food than the normal diet
- + Consume SNP from the AWC regularly
- + Avail nutrition counselling services at the AWC
- + Take at least two hours of rest during the day. In addition to 8 hours of sleep at night
- + Use only iodized salt
- + Gain at least 10-12 kg during pregnancy



- ❖ Register with the health centre in the first trimester/first three months of her pregnancy



### Role of AWW

- ❖ Identify all pregnant women in her village/area.
- ❖ She should ensure that all pregnant women are registered at the AWC and facilitate them in getting their 3 ANCs.
- ❖ Assist ANM/ASHA in ANC and Post natal check-ups.
- ❖ Ensure all women are registered under IGMSY in IGMSY districts to avail all ANC and PNC services.
- ❖ Educate the village women about Antenatal checkup and its importance.
- ❖ If a pregnant woman is gaining less weight during pregnancy then one should refer her to medical officer.
- ❖ AWW must record the date and number of IFA tablets given under the month of pregnancy column.
- ❖ Ensure immunization of pregnant women.
- ❖ Contact the ANM and organize a fixed day ANC clinic either at the nearest subcentre or an alternative place e.g. *Panchayat Ghar*, AWC etc.