Register in nearest PHC for antenatal care and do MINIMUM 4 check-ups during pregnancy (more if necessary)

Registration & 1st Check-up  In **First 12 weeks** of pregnancy

2nd Check-up  Between **13 and 26 Weeks**

3rd Check-up  Between **27 and 36 Weeks**

4th Check-up  Between **36 weeks and Term**

Screen for high-risk conditions as suggested by the medical officer

- **BLOOD PRESSURE**  In all ANC visits
- **HAEMOGLOBIN ESTIMATION**  In all ANC visits
- **GLUCOSE TEST**  In 1st visit and at 6-7 months

High blood pressure, anaemia and high blood sugar are three high-risk conditions in pregnancy which can cause serious problems for baby and mother.

If you have a high-risk condition in pregnancy, you may have to attend your PHC/Hospital more frequently.
Choose diet rich in iron and calcium and be healthy and smart

- Bengal gram, horse gram
- Amaranth leaves (red)
- Raisins
- Bajra
- Fenugreek leaves
- Ragi
- Lotus root
- Egg
- Milk and diary products
- Poultry, chicken, liver

EAT - Vitamin C Rich Foods

Avoid - After Meal
Treat, Monitor and Control

**ANAEMIA**  
Iron Folic Acid tablet  
Red tablet daily

**HIGH Blood Pressure**  
Monitor blood pressure  
Regularly

**HIGH SUGAR**  
Eat a balanced diet with iron-rich foods and reduce sugar

*IFA, deworming and Calcium tablets are available FREE at health facilities and anganwadi centres*

**Watch for these symptoms**  
*Visit nearest health facility if ANY of the following are present*

- Pallor in eyes, tongue and palm
- Blurred vision
- Edema
- Bleeding or leakage per vagina or high fever
- Shortness of breath, chest pain, severe headache or abdominal pain

*Iron tablets can sometimes cause side effects (Constipation, dark stools), but it is important you take the tablets to maintain your iron levels*
Cautions to reduce risk during delivery

- **CALL 108**
  Call ambulance in emergency

- **HOSPITAL DELIVERY**
  Deliver only in a hospital

How to prevent complications after delivery

- **Stay in touch with ASHA, ANM or doctor**
- **Breastfeed your baby**
- **Immunize your baby**
- **IFA SUPPLEMENT**
  One Red tablet daily for 180 days after delivery
- **Check BP within 2 weeks after delivery**
- **If blood sugar was high in pregnancy, repeat sugar test at 6-12 weeks after delivery**

If you had high BP or sugar in pregnancy, then ensure you get yearly follow up of BP and sugar at your PHC.