# Your Pregnancy Care Planner

## Education
- Identify due date
- Learn what to expect while pregnant
- Learn about danger signs (See back page)
- Start learning about breastfeeding

## Social Support
- Discuss this pregnancy plan with family
- Ask husband/family for help with chores
- Review pregnancy plan with family
- Ask husband and family to keep helping with chores

## Logistics
- Save money for transport and supplies
- Keep saving money
- Gather materials & supplies together
- Plan / choose type of transport:
  - Transport home
  - Transport back to clinic for review

## Nutrition & Care
- Sleep under treated mosquito net
- Eat an extra small portion of vegetables or animal food or a snack of fruit
- Take daily iron & folic acid tablets
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## Medical
- Antenatal care visit 1:
  - Weight
  - Blood pressure
  - 1st HIV test
  - HB test
  - Get Misoprostol from clinic
  - Take malaria prevention medication
  - Take deworming medicine
- Antenatal care visit 2:
  - Weight
  - Blood pressure
  - Blood sugar test
  - Take malaria prevention medication

## Antenatal Care
- Antenatal care visit 3
- Antenatal care visit 4
- Post delivery visits:
  - Mother:
    - 6 - 48 hours
    - 6 days
    - 6 weeks
  - Baby:
    - Six week check
    - Monthly growth monitoring
    - Immunization

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My antenatal clinic is: [ ]
I will deliver at: [ ]
# Danger Signs

If you experience any of these, go straight to your nearest health facility as soon as possible.

<table>
<thead>
<tr>
<th>During Pregnancy</th>
<th>During Childbirth</th>
<th>After Delivery</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Any bleeding</td>
<td>- Too much bleeding</td>
<td>- Too much bleeding</td>
</tr>
<tr>
<td>- Severe headache</td>
<td>- Severe headache</td>
<td>- Severe headache</td>
</tr>
<tr>
<td>- Body hotness or feeling cold</td>
<td>- Body hotness or feeling cold</td>
<td>- Body hotness or feeling cold</td>
</tr>
<tr>
<td>- Swelling of the feet and hands</td>
<td>- Labour lasting more than twelve hours</td>
<td>- Severe incresing stomach pain or pain in private parts</td>
</tr>
<tr>
<td>- Baby not moving or moving less</td>
<td>- Having fits</td>
<td>- Bad smelling discharge from private parts</td>
</tr>
<tr>
<td>- Stomach cramps or severe pain</td>
<td>- Placenta not delivered within 30 minutes after baby is born</td>
<td>- Extreme sores or pain in breasts</td>
</tr>
</tbody>
</table>

- This plan is a tool for you and your family to use to think about and plan for a safe and healthy pregnancy, delivery, and life with a new baby!

- Pregnancy is a process, so identify the month you are in, and then focus on the information you need that month. Don’t try to learn everything at once!

- Ask your SMAG or health worker any question you may have.

- Share this plan with your whole family and make decisions that are right for you on transport, saving, and support for your family while you are at the clinic.

- Talk to your husband/partner or family about any difficulties you might have following the recomendations.

- Use this plan to help make sure your pregnancy and birth is safe and joyful!