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**Focused antenatal care checklist**

<b>List name</b>	<b>1<sup>st</sup> visit &lt;16 weeks</b>	<b>2<sup>nd</sup> visit 20-24</b>	<b>3<sup>rd</sup> visit 28-32</b>	<b>4<sup>th</sup> visit 36</b>
		<b>weeks</b>	<b>weeks</b>	<b>weeks</b>
Process of pregnancy and its complications	✓	✓	✓	✓
Diet and nutrition	✓	✓	✓	✓
Rest and exercise in pregnancy	✓	✓	✓	✓
Personal hygiene	✓			
Danger signs in pregnancy	✓	✓	✓	✓
Use of drugs in pregnancy	✓	✓	✓	✓
Effects of STI/HIV/AIDS	✓	✓	✓	✓
Voluntary counselling and testing for HIV	✓			
Care of the breast and breast feeding	✓			
Symptoms/signs of labour			✓	✓
Plans of delivery (emergency preparedness, place of delivery, transportation, financial arrangements)	✓	✓	✓	✓
Plans for post partum care			✓	✓
Family planning			✓	✓
Harmful habits (e.g smoking, drug abuse, alcoholism)	✓	✓	✓	✓
Schedule for return visit	✓	✓	✓	✓

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