



Documents: from which text messages are prepared.

MAIN & EXPANDED



JEEVAN SURAKSHA MESSAGES



② ANTENATAL CHECK-UP ACTION CARD

MAIN MESSAGE
A pregnant woman should have at least 4 ANC visits:

1ST TIME : As soon as she knows she is pregnant

- ◆ Have her blood pressure checked
- ◆ Have an abdominal examination
- ◆ Have her first dose of TT

2ND TIME : Between the fifth to seventh month

- ◆ Have her blood pressure checked
- ◆ Have an abdominal examination
- ◆ Receive iron folate capsules, which should be taken every day from the fourth month of pregnancy until six weeks after delivery; and
- ◆ Have her second dose of TT

3RD TIME : During the ninth month

- ◆ Have her blood pressure checked
- ◆ Have an abdominal examination
- ◆ Receive iron folate capsules, which should be taken every day from the fourth month of pregnancy until six weeks after delivery

4TH TIME : Last month or during the week of delivery

- ◆ Have her blood pressure checked
- ◆ Have an abdominal examination
- ◆ Receive iron folate capsules, which should be taken every day from the fourth month of pregnancy until six weeks after delivery

A woman should have an antenatal examination anytime, whenever she feels or sees any problems.

MAIN MESSAGE

Immediately after the baby is born:

- ◆ She/he should be cleaned and wrapped in a cloth to keep warm.
- ◆ Breast-feeding should be started within an hour of delivery, after cleaning the breast of the mother.
- ◆ Nutritious food, emotional support and affection should be given to the mother by the family.
- ◆ The postnatal mother needs additional rest.

MAIN MESSAGE

In the first 24 hours after delivery, both the mother and baby should have a check-up at home, by a skilled healthcare provider. This should include:

- ◆ Uterus (abdominal) examination of the mother
- ◆ Respiratory functions check up of the newborn

After 7 days, both the mother and baby should have a check-up by a skilled healthcare provider:

- ◆ Uterus (abdominal) examination of the mother
- ◆ Temperature check
- ◆ Respiratory functions of the newborn
- ◆ BCG immunisation for the newborn

On the 42nd day after delivery, both the mother and baby should have a check-up by a skilled healthcare provider: