Care during Pregnancy
A woman needs special care during pregnancy.

To make sure she has a safe pregnancy and delivery, a pregnant woman needs . . .
Nutritious food
Adequate rest and emotional support
Iron and Folic Acid

One tablet every day for 100 days for all women

Two tablets every day for 100 days for anaemic women
Regular check-up

<table>
<thead>
<tr>
<th>SCHEDULE FOR CHECK-UP</th>
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<tbody>
<tr>
<td>FIRST VISIT</td>
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<tr>
<td>SECOND VISIT</td>
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<tr>
<td>THIRD VISIT</td>
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<td>FOURTH VISIT</td>
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Other health checks and tests

- Regular weight check
- Blood pressure check
- Blood test
- Urine test
Two doses of Tetanus Toxoid vaccine