

# POST-NATAL CARE



## WHY is post-natal care ESSENTIAL?

It helps you with:

- Prevention of any potential health problems for you and your baby;
- It supports you to make breast milk and encourages your breastfeeding
- It provides you with counseling on contraceptive methods;
- Getting **TETANUS** vaccinations according to your vaccination status.

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## ATTENTION!

Please visit the nearest health unit or hospital if you experience even one of below symptoms:

- If you're after birth bleeding is not decreasing and/or is increasing
- If you have epilepsy like convulsions or seizures
- If you have difficulty breathing or rapid breathing
- Abdominal pain
- High fever
- Foul smelling vaginal discharge
- Pain during urination or urinary incontinence
- Severe headache

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### HAVE A HEALTH CHECK UP

- within the first 24 hours
- between the 2nd and 5th day
- during the 2nd week
- during the 6th week after the birth.



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## Contraceptive Methods



**THERE SHOULD BE AT LEAST TWO YEARS BETWEEN YOUR PREGNANCIES.**

This is important both for you and for your baby's health.

Please get counseling to help with spacing your pregnancies. If possible ask for advice along with your husband about choosing the best method to plan or prevent pregnancies.

**Post-natal care services for you and your baby are provided in;**

- Camp health units,
- Family Health Centers at cities and Hospitals.

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**Sağlık Bakanlığı**  
Türkiye Halk Sağlığı Kurumu

