

Get Counseling During Pregnancy



Get advice from health personnel about cleanliness and hygiene, caring for your body, oral and dental health, nutrition, using medicines, sexual activity, breast feeding and contraceptive methods.

During your pregnancy
Ante-natal care is provided at;

- Camp health units
- Family Health Centers in cities and hospitals.

ANTE-NATAL
CARE

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Sağlık Bakanlığı
Türkiye Halk Sağlığı
Kurumu



ANTE-NATAL CARE

During pregnancy, it is essential to have at least 4 health checkups.

1st checkup

Within the first 14 weeks.

2nd checkup

Between week 18 and 24.

3rd checkup

Between week 30 and 32.

4th checkup

Between week 36 and 38.

AT EACH CHECK UP

Please have medical personnel:

- Monitor your Blood pressure
- Check your weight
- Check for edema
- Do an abdominal examination to check the baby's position
- Do urine and blood analysis
- Give you tetanus vaccinations as needed

ATTENTION!

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

- Nausea severe enough that you are not able to eat anything or are vomiting
- Fever
- Swelling of your hands and feet
- Difficulty breathing that prevents you from doing routine tasks, rapid breathing
- Frequent urination, pain or a burning sensation during urination, or seeing blood in your urine
- Severe headaches
- Blurred vision
- Vaginal bleeding
- Early contractions and abdominal pain not close to your due date
- Inability to feel the baby moving
- Breaking of your waters
- Seizures

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For you and your baby's health, have **AT LEAST ONE** medical examination by your doctor.

Visit the hospital where you will give birth.

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