

# INFORMATION LEAFLET ON HIGH RISK PREGNANCY

Register in nearest PHC for antenatal care and do **MINIMUM 4** check-ups during pregnancy (more if necessary)

Registration & 1 <sup>st</sup> Check-up	In <b>First 12 weeks</b> of pregnancy
2 <sup>nd</sup> Check-up	Between <b>13 and 26 Weeks</b>
3 <sup>rd</sup> Check-up	Between <b>27 and 36 Weeks</b>
4 <sup>th</sup> Check-up	Between <b>36 weeks and Term</b>



Screen for high-risk conditions as suggested by the medical officer



**BLOOD PRESSURE**  
In all ANC visits



**HAEMOGLOBIN ESTIMATION**  
In all ANC visits



**GLUCOSE TEST**  
In 1<sup>st</sup> visit and at 6-7 months



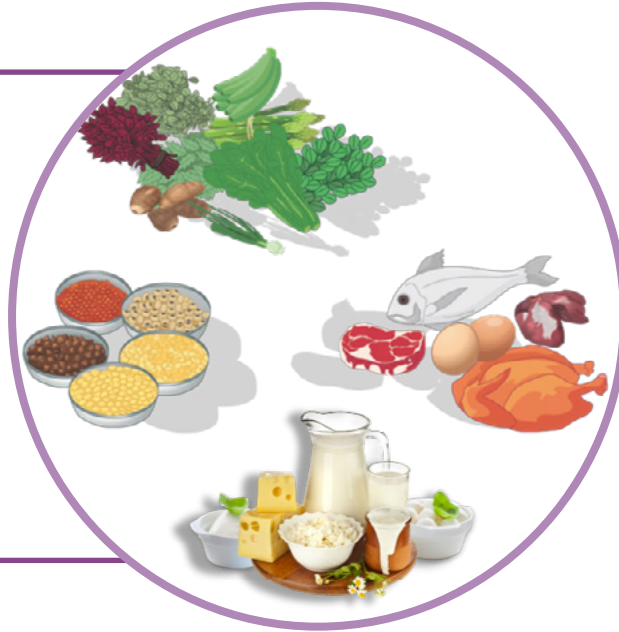
High blood pressure, anaemia and high blood sugar are three high-risk conditions in pregnancy which can cause serious problems for baby and mother.



If you have a high-risk condition in pregnancy, you may have to attend your PHC/Hospital more frequently.

# Choose diet rich in iron and calcium and be healthy and smart

- Bengal gram, horse gram
- Amaranth leaves (red)
- Raisins
- Bajra
- Fenugreek leaves
- Ragi
- Lotus root
- Egg
- Milk and dairy products
- Poultry, chicken, liver



## EAT -Vitamin C Rich Foods



## Avoid -After Meal



## Treat, Monitor and Control



### ANAEMIA

Iron Folic Acid tablet  
Red tablet daily



### HIGH Blood Pressure

Monitor blood pressure  
Regularly



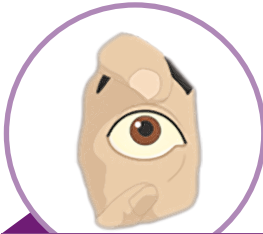
### HIGH SUGAR

Eat a balanced diet with iron-rich foods and reduce sugar

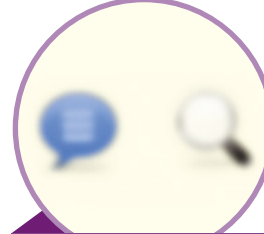
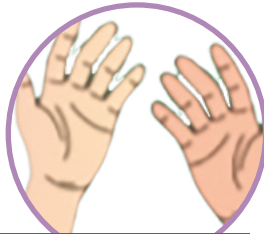
*IFA, deworming and Calcium tablets are available FREE at health facilities and anganwadi centres*

## Watch for these symptoms

*Visit nearest health facility if ANY of the following are present*



Pallor in eyes, tongue and palm



Blurred vision



Edema



Bleeding or leakage per vagina or high fever



Shortness of breath, chest pain, severe headache or abdominal pain



Iron tablets can sometimes cause side effects (Constipation, dark stools), but it is important you take the tablets to maintain your iron levels

## Cautions to reduce risk during delivery



### CALL 108

Call ambulance in emergency



### HOSPITAL DELIVERY

Deliver only in a hospital

## How to prevent complications after delivery



Stay in touch with ASHA, ANM or doctor



Breastfeed your baby



Immunize your baby



### IFA SUPPLEMENT

One Red tablet daily for 180 days after delivery



Check BP within 2 weeks after delivery



If blood sugar was high in pregnancy, repeat sugar test at 6-12 weeks after delivery



If you had high BP or sugar in pregnancy, then ensure you get yearly follow up of BP and sugar at your PHC