



I'm not robot



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If you are anaemic, you will be advised to take two IFA tablets daily, one tablet in the morning and one in the evening. Sign up for prenatal classes as early as possible to , · Care during pregnancy depends on many aspects such as nutrition and diet, clothing, personal hygiene, exercise, physiological and psychological Your health before and during pregnancy can have a lifelong impact on your baby's health. In fact, it is the best thing you can do for your health – and your baby's. So it's important to get up-to-date, trusted advice so that you can make the right isions and choices. Our staff and providers want you to have the TAKING GOOD CARE OF YOURSELF WHILE YOU ARE PREGNANT. The guidance about pregnancy and babies does change. to have a healthy and happy pregnancy, and to make sure you get the care that is right for you. If you are pregnant or thinking of becoming pregnant soon, you will want to pay special attention to your body and to know what to expect during your care. For the best outcomes in pregnancy: Go to all scheduled health visits. As you exhale, tighten the muscles around your vagina, urethra, and rectum. We are committed to providing you with the highest quality of care during your pregnancy. Squeeze your muscles for a count of 4, then slowly relax for a count of Relax your muscles completely in between squeezes Women's Welcome Centre (Victoria only) Royal Women's Hospital Located to the left of the main entrance, the centre offers free information on a range of women's health issues. For this reason, antenatal care should begin before you become pregnant. Taking one IFA tablet a day keeps anaemia away in mothers An important element in this continuum of care is effective antenatal care. Baby should get vaccination fordose Polio, The recommended interventions span five categories: routine antenatal nutrition, maternal and fetal assessment, preventive measures, interventions for management of common Transforming healthcare for all women. The purpose Your healthcare team is an integrated group of nurse practitioners, certified nurse midwives and physicians (including residents, fellows and attendings) who specialize in routine and high-risk pregnancy care Medicine guidelines during pregnancy › Good nutrition during pregnancy › Dental care during pregnancy › Global obstetrical care › HIV testing › Vaccination during pregnancy › Sexually transmitted diseases and pregnancy › How smoking affects you and your baby › High blood pressure › Gestational diabetes › Toxoplasmosis and your pregnancy! Open am to pm, Monday to Friday T: (03)or(rural callers) E: @ to have a healthy and happy pregnancy, and to make sure you get the care that is right for you. So it's important to get up You and your baby should be seen by a health worker on the day of delivery, and on 3rd day, 7th day and weeks after delivery. Women who get prenatal care are healthier and have fewer problems with their pregnancies, labor, birth and Lie down so you are relaxed, and take a deep breath. The goal of the antenatal care package is to prepare for birth and parenthood as well as prevent, detect, alleviate, or manage the three types of health problems during pregnancy that affect mothers and babies: Antenatal care also provides women and their families with Do not tighten your belly, buttocks, or thigh muscles. Your healthy pregnancy Plan ahead with prenatal care Proper prenatal care helps prevent and treat any issues that develop during pregnancy. One tablet of IFA is to be taken daily starting from the fourth month of pregnancy. The guidance about pregnancy and babies does change. If you have any questions or concerns – no matter how trivial During pregnancy tablets of iron and folic acid will be given.