



Pregnant women should be informed that if labor does not start until week 40, the respective obstetrician & gynecologist will take place should be consulted without delay.



It is recommended that the expectant person has 8 check-ups to have a healthy pregnancy, protect herself and the baby, and recognize risks at an early stage.

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**RIGHT PLACE, QUALITY SERVICES**

Contact the nearest **Migrant Health Centre** for more information and support



[www.sihhatproject.org](http://www.sihhatproject.org)



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هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

**GET AT LEAST  
OF 4 CHECK-UPS  
FOR A HEALTHY  
CHILDBIRTH**



## First Follow-up (First Follow-up)

It should take place within the first 14 weeks of pregnancy. If the follow-up is undertaken after week 14 of the pregnancy, it will be considered the “First Follow-Up” regardless of gestational age.

Last menstrual period is recorded.

Height, weight, blood pressure, and fetal heart rate are measured.

Vitamin D and iron supplements should be recommended from week 12 of pregnancy.

Blood tests are carried out from week 16 of pregnancy.

Blood types of the pregnant woman and their partner are determined.

Fasting blood sugar and urine are tested.

## Second Follow-up Weeks 18-24

Last menstrual period is recorded.

Height, weight, blood pressure, and fetal heart rate are measured.

Vitamin D and iron supplements should be recommended from week 12 of pregnancy.

Blood tests are carried out from week 16 of pregnancy.

Blood types of the pregnant woman and their partner are determined if not done in the first follow-up visit).

Fasting blood sugar and urine are tested.

Referral for oral glucose tolerance test between weeks 24-28

Tetanus vaccination status is checked and the vaccine is administered if necessary.

## Third Follow-up Weeks 28-32

Last menstrual period is recorded.

Height, weight, blood pressure, and fetal heart rate are measured.

Vitamin D and iron supplements should be recommended from week 12 of pregnancy.

Blood tests are carried out from week 16 of pregnancy.

Blood types of the pregnant woman and their partner are determined if not done in the first follow-up visit).

Fasting blood sugar and urine are tested.

Tetanus vaccination status is checked and the vaccine is administered if necessary.

## Fourth Follow-up Weeks 36-38

Last menstrual period is recorded.

Height, weight, blood pressure, and fetal heart rate are measured.

Vitamin D and iron supplements should be recommended from week 12 of pregnancy.

Blood tests are carried out from week 16 of pregnancy.

Blood types of the pregnant woman and their partner are determined if not done in the first follow-up visit).

Fasting blood sugar and urine are tested.

Tetanus vaccination status is checked and the vaccine is administered if necessary.

