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هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

PREGNANCY 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.

The 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

The 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 28-32 weeks

The 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
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

The 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
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.



RIGHT PLACE, QUALITY SERVICES

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