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هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

## POSTNATAL FOLLOW-UP

Postnatal follow-up includes very important checks for the mother and baby including the detection of normal and abnormal measurements, monitoring of maternal and pediatric changes and development, and recording of relevant data.

The first three follow-ups will be undertaken before discharge from hospital.

### Fourth Follow-up

Follow-up undertaken on day 2 to 5 after birth.

During the follow-up, puerperium is examined and blood pressure is checked.  
Uterine involution is checked.  
Vitamin D and iron supplements are recommended.

### Fifth Follow-up

Follow-up undertaken on day 13 to 17 after birth.

During the follow-up, puerperium is examined and blood pressure is checked.  
Uterine involution is checked.  
Vitamin D and iron supplements are recommended.

### Sixth Follow-up

Follow-up undertaken on day 30 to 42 after birth.

During the follow-up, puerperium is examined and blood pressure is checked.  
Uterine involution is checked.  
Vitamin D and iron supplements are recommended.

## FOLLOW-UP FOR WOMEN AGED 15 TO 49

**Follow-up for women aged 15 to 49 must be undertaken twice a year (at 6-month intervals).**

**These follow-ups provide** counselling on birth control methods, referrals to breast examinations and mammography for cancer screening, and include a PAP SMEAR for cervical cancer.

**RIGHT PLACE, QUALITY SERVICES**

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