

A Model Antenatal Care For Urban Indian Women

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GFMER scholarship

FOLIC ACID

6 months before conception

FIRST CHECK UP

Before

12 weeks - USG

- Counselling
- Boiled water
- Mosquito net
- Diet

- HB%
- ABO-Rh
- VDRL
- HBsAg
- FBG
- TSH
- HIV I & II
- Urine RE

18th Week

- Injection T. Toxoid 0.5 ml: Husband and wife
- Iron – Folic acid

20th Week

- Tab Mebendazole 100 mg x BD 3 days
- Recommended by WHO:
 - ANOMALY SCAN

26 – 28th Week

- Check up
- T Toxoid 0.5 ml 2nd dose
- 75 g – 2hr postchallenge blood glucose (PGBG) to screen gestational diabetes mellitus

32nd Week

- 75 g – 2hr PGBG
- Urine RE – Urine sugar

36th Week

- 75 g – 2hr PGBG
- Urine RE - Urine sugar

Conclusion

- Counselling
- Health advices
- Minimum medication
- Food advices
- Personal hygiene