Early Antenatal Care (ANC) Attendance

"Start Early, Stay Healthy"



1. Visit the Antenatal Care (ANC) as soon as you know you're pregnant – in the first 3 months of pregnancy
2. Early Antenatal Care (ANC) helps you have a healthy pregnancy and baby
3. Don't wait. Don't hide Early care is safe care

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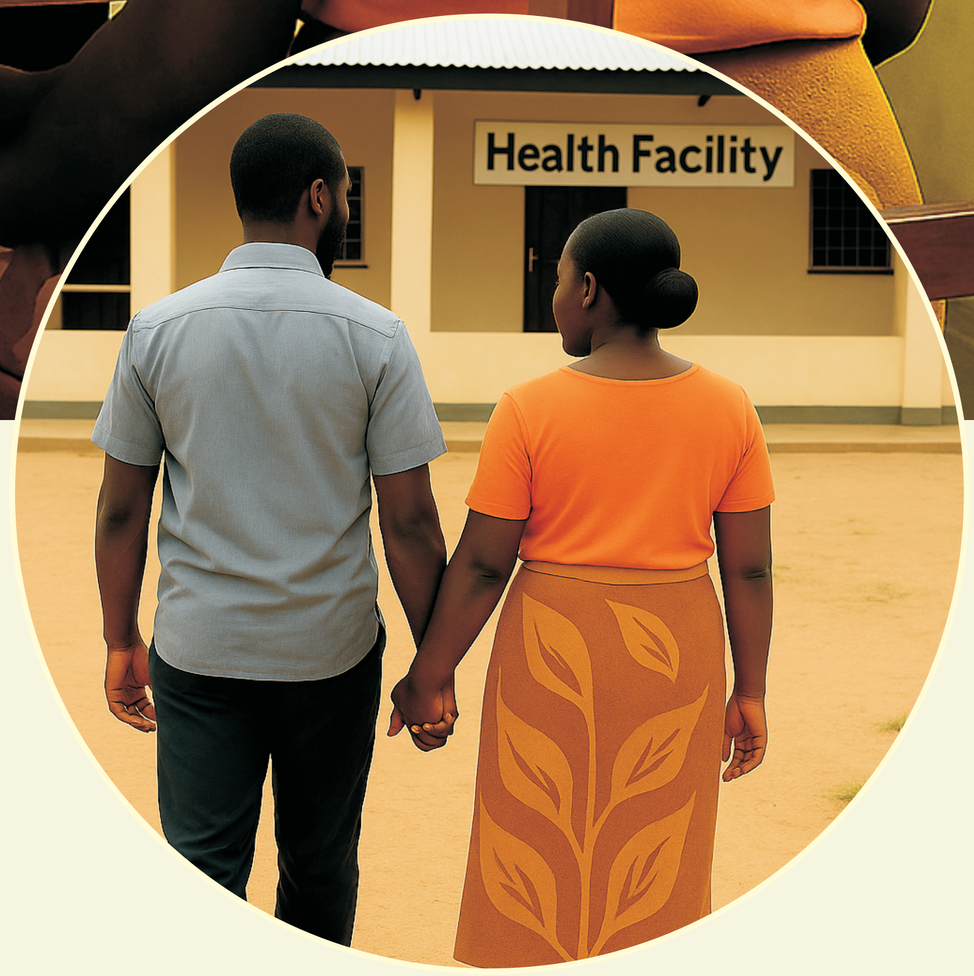
Male Support in Pregnancy

"Supportive men are family heroes"





1. **Attend Antenatal Care (ANC) together, listen, learn, and help your partner stay healthy**

2. **A supportive male partner is a hero to his family**

3. **Pregnancy is not a woman's responsibility alone — it's a couple's responsibility**

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Nutrition during pregnancy

"Eat well for a healthy pregnancy"

Pulses, nuts and seeds



Vegetables





Fruits



Milk and milk products



Fish, insects, and animal source foods



Cereals, starchy roots and tubers,



1. Eat a variety of locally available foods
2. During pregnancy, eat something in between main meals
3. Pregnant women should be encouraged to eat more food even during illness

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Why Multiple Micronutrient Supplements (MMS) are important for pregnant women





1. Eating food alone may not always provide the required nutrients. Take MMS for a healthy pregnancy outcome

2. MMS contains more nutrients that help the pregnant woman and the baby to be healthy

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What is contained in Multiple Micronutrient Supplements (MMS)?

15 MICRONUTRIENTS FOUND IN MMS



Vitamins

- Vitamin A
- Vitamin B1,
- Vitamin B2,
- Vitamin B3,
- Vitamin B6,
- Vitamin B12
- Vitamin C
- Vitamin D
- Vitamin E
- Folic Acid

Minerals

- Zinc
- Iron
- Copper
- Selenium
- Iodine

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Do Multiple Micronutrient Supplements (MMS) have any side effects?



Yes, however, most women do not have any side effects at all. Some women may experience mild side effects which reduce as they continue taking MMS. Some side effects include dark stool, dizziness, constipation, diarrhoea, change in taste and stomach upset

Managing side effects

- Take MMS at least 2 hours after eating food
- Taking MMS at night reduces side effects
- Take MMS with plenty of water
- You may continue to pass dark stool, this is normal. Continue to take plenty of water
- If side effects continue, go and talk to the healthcare provider at the nearest health facility

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Motivation and Adherence



1 Take your MMS throughout pregnancy. If you have any tablets remaining after giving birth, continue until you finish all the tablets in the bottle

2 If you forget to take a tablet for a day, take one when you remember. Continue taking the following day at your usual time.
Do not take 2 tablets in a day

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Know the facts

MYTHS	FACT
✗ If you tell people that you are pregnant in the early stage, the pregnancy will be stolen.	✓ This is not true. This myths contributes to late ANC attendance. Starting antenatal attendance in 3 months helps the pregnant woman have a healthy pregnancy and a safe delivery.
✗ Do not eat food such as eggs during pregnancy to avoid giving birth to babies with no hair on the head.	✓ This not true. Eggs contain important nutrients that contribute to a healthy pregnancy and baby.
✗ Supplements make the baby's head big and causes delivery complications.	✓ This not true. Supplements contain nutrients the contribute to the good health of the pregnant woman and the baby.

Go and talk to the healthcare provider at the nearest health facility for more infomation

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