



BOOK BEFORE  
4 MONTHS

EARLY BOOKING FOR  
PREGNANCY

### **WHY MUST I BOOK EARLY?**

- Booking means that it is your first visit to the unit.
- It is important for any woman who is pregnant to go to her nearest Primary Care Maternity Unit or MOU to book.
- You should book as early in your pregnancy as possible, at least before 3 to 4 months
- Problems can be picked up early and can be treated or referred to the next level of care.
- The facility staff will assist you to prepare for your delivery.
- Booking will take a few hours.

### **WHAT HAPPENS WHEN I BOOK?**

- At booking you will be given a complete physical examination.
- Some tests will be done e.g. blood-pressure, blood tests, etc.
- You will be asked some personal questions about any previous pregnancies, operations, medical problems, current pregnancy, last menstrual period, use of medications, alcohol, tobacco, etc.
- All this information will be recorded on a card which you will be given to keep with you at all times.
- Any problems relating to your pregnancy will be addressed.
- You will be given counselling options.
- All information is confidential.

## **WHAT SHOULD I LOOK OUT FOR WHILE PREGNANT?**

You should be aware of the following danger signs during your pregnancy to get help:

- Severe headaches
- Pain in your abdomen/stomach/belly.
- Water draining from the vagina.
- Any vaginal bleeding.
- If the baby moves less or not at all.

## **HOW CAN I KEEP MYSELF AND MY BABY HEALTHY?**

Be as healthy as you can:

- Have a balanced diet with plenty of vegetables and fruits (5 a day)
- Do moderate exercise daily, for example, walking.
- Avoid alcohol, tobacco and drugs as these will damage your baby.
- You should drink 6 to 8 glasses of water daily.

## **HOW WILL I KNOW WHEN LABOUR STARTS?**

The following signs indicate you are in labour:

- Regular pains in your abdomen (contractions) becoming longer and stronger.
- Sometimes a gush of fluid or leakage from the vagina (water breaks).
- When you see a "show" (bloody, thick mucous) passing out the vagina.

### WHAT DO I NEED?

- You have to arrange your own transport in advance to take you to the maternity unit.
- *Take with you:* facecloth, toothbrush, toothpaste, soap and sanitary towels.
- *What you must pack for your baby:* Baby clothes, nappies/kimbies, baby blankets.
- You and your baby will be kept in the unit for a minimum of 6 hours. When you are both fine then you will be discharged and you can go home.

***Book before 4 months at the MOU.***

***Besprek jou swanger-skap voor 4 maande by 'n kraameenheid.***

***Bhalisa phambi kwenyanga 4 ukhulelwe.***



Pamphlet developed by MDHS  
Health Promotion and Maternal & Neonatal Health

