

1ST ANC VISIT



THE FOETUS IS SMALLER THAN A GRAIN OF RICE



YOUR BABY IS THE SIZE OF A KIDNEY BEAN



YOUR BABY IS THE SIZE OF A LEMON

2ND ANC VISIT



YOUR BABY IS THE SIZE OF AN AVOCADO

3RD ANC VISIT



YOUR BABY IS THE SIZE OF A BANANA

MONTH 1

MONTH 2

MONTH 3

MONTH 4

MONTH 5

4TH ANC VISIT



YOUR BABY IS THE SIZE OF A MAIZE COB

5TH ANC VISIT



YOUR BABY IS THE SIZE OF AN CUCUMBER

6TH ANC VISIT



YOUR BABY IS THE SIZE OF A CABBAGE

7TH & 8TH ANC VISIT



YOUR BABY IS THE SIZE OF A PUMPKIN

POST NATAL CARE



MONTH 6

MONTH 7

MONTH 8

MONTH 9 - 10

MONTH 10, AND BEYOND

ANC VISITS



ABDOMINAL CHECK-UP

A thorough examination of your abdomen to assess the growth and well-being of your baby.



WEIGHT MONITORING

Keeping track of your weight to ensure healthy weight gain during pregnancy.



BLOOD TEST

Tests conducted to check levels of hemoglobin (Hb) to track and detect presence of anaemia, screen for HIV, and detect syphilis



URINE ANALYSIS

Analyzing your urine to identify the presence of albumin and sugar, which can indicate potential health risks.



BLOOD PRESSURE EVALUATION

Monitoring blood pressure to detect and manage high blood pressure, which can be harmful during pregnancy.



IMMUNIZATION

Stimulating the Baby's immune system through vaccines to provide protection against specific diseases.



FAMILY PLANNING

Deciding and taking action on the space / gap in between pregnancies, typically through the use of contraception and other reproductive health services.

It's important to attend ANC visits to ensure a healthy pregnancy journey and support the growth of your baby