



Counselling Cards for Pregnant Women at Nutritional and Medical Risk

With the help of these counselling cards, pregnant women who are at risk would be given important information.

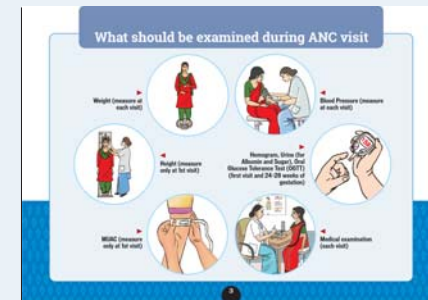
What should be examined during ANC visit



Talk to the women:

(Encourage them to answer, praise the women for answering correctly)

- What can you see in these illustrations?
- Do you know about the check-ups that are done during an ANC visit?



Let's discuss this further

Key messages:

All the pregnant women should be physically examined for:

- **Weight**- to check the normal weight gain during pregnancy; weight should increase by 10-12 kg during entire pregnancy.
- **Height** - to see if the pregnant woman is stunted (<145cm). Pregnant women with height less than 145cm requires special attention.
- **MUAC** (Mid-Upper Arm Circumference)- to check if she is underweight or obese.
- **Haemoglobin level**- to detect anemia (should be at least 11gm/dl).
- **Blood Pressure (BP)** - for detection of high BP, which can be dangerous for the mother and the baby.
- **Blood Sugar level**- to detect the presence of diabetes.

What should be examined during ANC visit

Weight (measure at each visit)



Blood Pressure (measure at each visit)



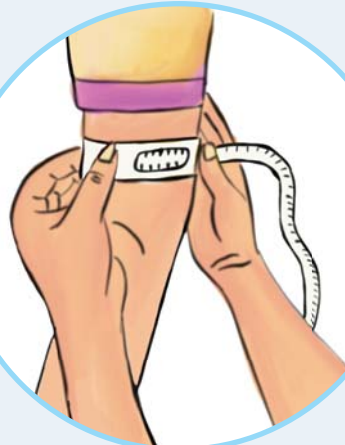
Height (measure only at 1st visit)



Hemogram, Urine (for Albumin and Sugar), Oral Glucose Tolerance Test (OGTT) (first visit and 24-28 weeks of gestation)



MUAC (measure only at 1st visit)



Medical examination (each visit)



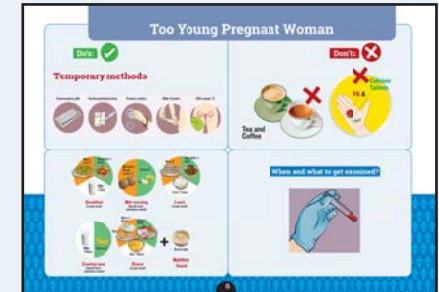
Too Young Pregnant Woman



Talk to the women:

(Encourage them to answer, praise the mother for answering correctly)

- Since you are too young by age, there are few things that are essential to stay healthy during pregnancy and for healthy pregnancy outcomes.
- Let us discuss about those essential doable things at home.



Let's discuss this further

Do's:



- Eat at-least one food item from all 5 groups in the daily diet, in order to meet energy, protein and nutrient requirements for proper growth and development of the developing fetus.
- Consume supplementary food/meal provided by Anganwadi centers regularly along with daily diet to meet the additional nutrient requirements of pregnancy.
- Consume one IFA tablet daily with water or lemon water.
- Consume 2 calcium tablets daily after meals.
- Drink plenty of water and fluids.
- Thirty minutes of moderate exercise or brisk walking every day.

Special messages to be delivered:

- Eat at least 3 main meals and 3 nutritious snacks in a day.
- Child spacing of at least 3 years is desirable to restore health and to avoid malnutrition in mother and child due to repeated pregnancies. Family planning methods such as condoms, IUDs, contraceptive pills, contraceptive injections etc. are available free of cost at any public health facility.

Don'ts:



- Drinking tea and coffee, especially with/after meals.
- Taking IFA and Calcium tablets together.

When and what to get examined?

- Blood tests as advised by doctor.

Adverse health effects

- Risk to the baby such as small for gestational age and preterm birth.

Too Young Pregnant Woman

Do's:



Temporary methods

Contraceptive pills



Contraceptive injections



Female condom



Male Condom



IUD (copper T)



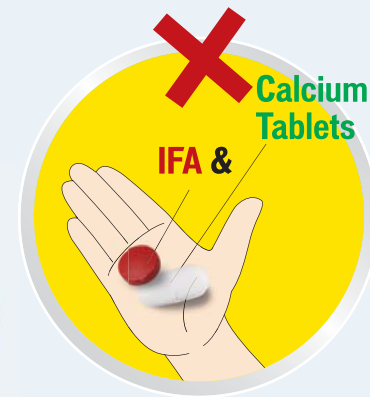
Don'ts:



Tea and Coffee



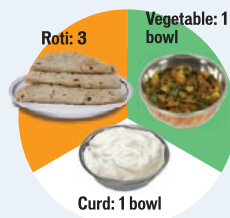
Calcium Tablets



Breakfast
(Large meal)



Mid-morning
(Small meal - nutritious snack)



Lunch
(Large meal)



Evening meal
(Small meal - nutritious snack)



Dinner
(Large meal)



Nutritious Snack

When and what to get examined?



Too Short Pregnant Woman



Talk to the women:

(Encourage them to answer, praise the mother for answering correctly)

- To know about your health and nutritional status, I took measurement of your height, weight and MUAC. Your height is less than 145 cm which is very short.
- Let us learn/discuss about few things that are essential for you to stay healthy during pregnancy and for healthy pregnancy outcomes.



Let's discuss this further

Do's:



- Eat at-least one food item from all 5 groups in the diet, in order to meet energy, protein and nutrient requirements for proper growth and development of the developing fetus.
- Eat at least 3 mains meals and 2 nutritious snacks in a day.
- Consume supplementary food/meal provided by Anganwadi centres regularly along with daily diet to meet the additional nutrient requirements of pregnancy.
- Consume one IFA tablet daily with water or lemon water.
- Consume 2 calcium tablets daily after meals.
- Drink plenty of water and fluids.
- Child spacing of at least 3 years is desirable to restore health and to avoid malnutrition in mother and child due to repeated pregnancies. Family planning methods such as condoms, IUDs, contraceptive pills, contraceptive injections etc. are available free of cost at any public health facility.
- Thirty minutes of moderate exercise or brisk walking every day.

Don'ts:



- Consume fatty foods, and sweetened beverages to prevent excessive weight gain.
- Taking IFA and Calcium tablets together.

Special messages to be delivered:

- Prefer institutional delivery to avoid complications during labour.

When and what to get examined?

- Blood tests as advised by the doctor.

Adverse health effects:

- Adverse neonate and child health outcomes such as Intrauterine Growth Retardation (IUGR), Low Birth Weight (LBW) and child stunting.

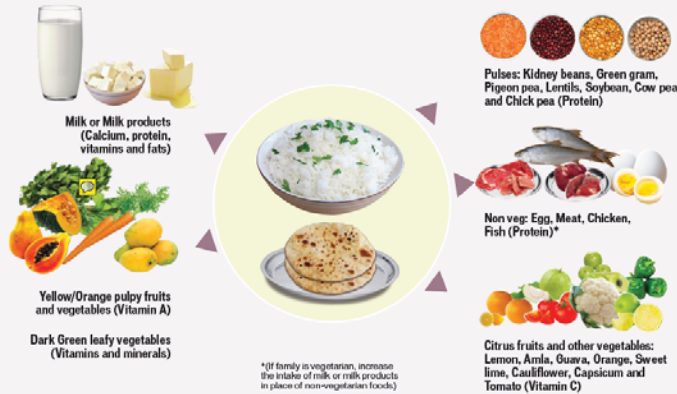
Too Short Pregnant Woman

Do's:



Diet Diversity

Consume one item daily from each of the five food groups, with Roti/Rice
Pregnant woman should consume at least one food item from each of the five food groups daily along with roti/rice



Don'ts:



Chips and fries



Pakoras and samosas



Bakery items and sweetened beverages



Refined flour items such as pizza, burger etc

Institution delivery to avoid complications



When and what to get examined?



Undernutrition in Pregnant Women



Talk to the women:

(Encourage them to answer, praise the mother for answering correctly)

- To know about your health and nutritional status, I measured your height, weight and MUAC.
- Let us learn/discuss about few things that are essential to stay healthy during pregnancy and can be easily followed at home.



Do's:



- All pregnant women should consume at least 3 main meals and 2 small nutritious snacks daily second trimester onwards.
- In the second and third trimesters, severely malnourished pregnant women should also eat an additional extra nutritious snack.
- Consume milk and milk products (curd, cheese, lassi) and pulses daily. Women who eat non vegetarian food should consume fish, eggs, meat in their daily diet.
- Include all five food groups in your diet such as:-
 1. Cereals- wheat, rice, bajra, maize, millets, ragi
 2. Pulses, Nuts & Oilseeds/Milk and its products/eggs/meat/chicken/fish
 3. Green leafy vegetables and yellow orange coloured fruits
 4. Sugar
 5. Fats and oils
- Continue consumption of IFA and calcium tablets daily.
- Consume one deworming tablet in the second trimester (at 4 months) of pregnancy.
- Maintain personal hygiene and sanitation to prevent infections.



Let's discuss this further

For severely undernourished pregnant women(having BMI <18.49 Kg/m²):

- Nutritious snack include food items such as a Sweet Mathri, Cereal-pulse premix, Sweet daliya, Murmura-besan laddoo etc. or the supplementary nutritious diet available under the Government Scheme (ICDS).

Don'ts:



- Consumption of tea and coffee with meals.

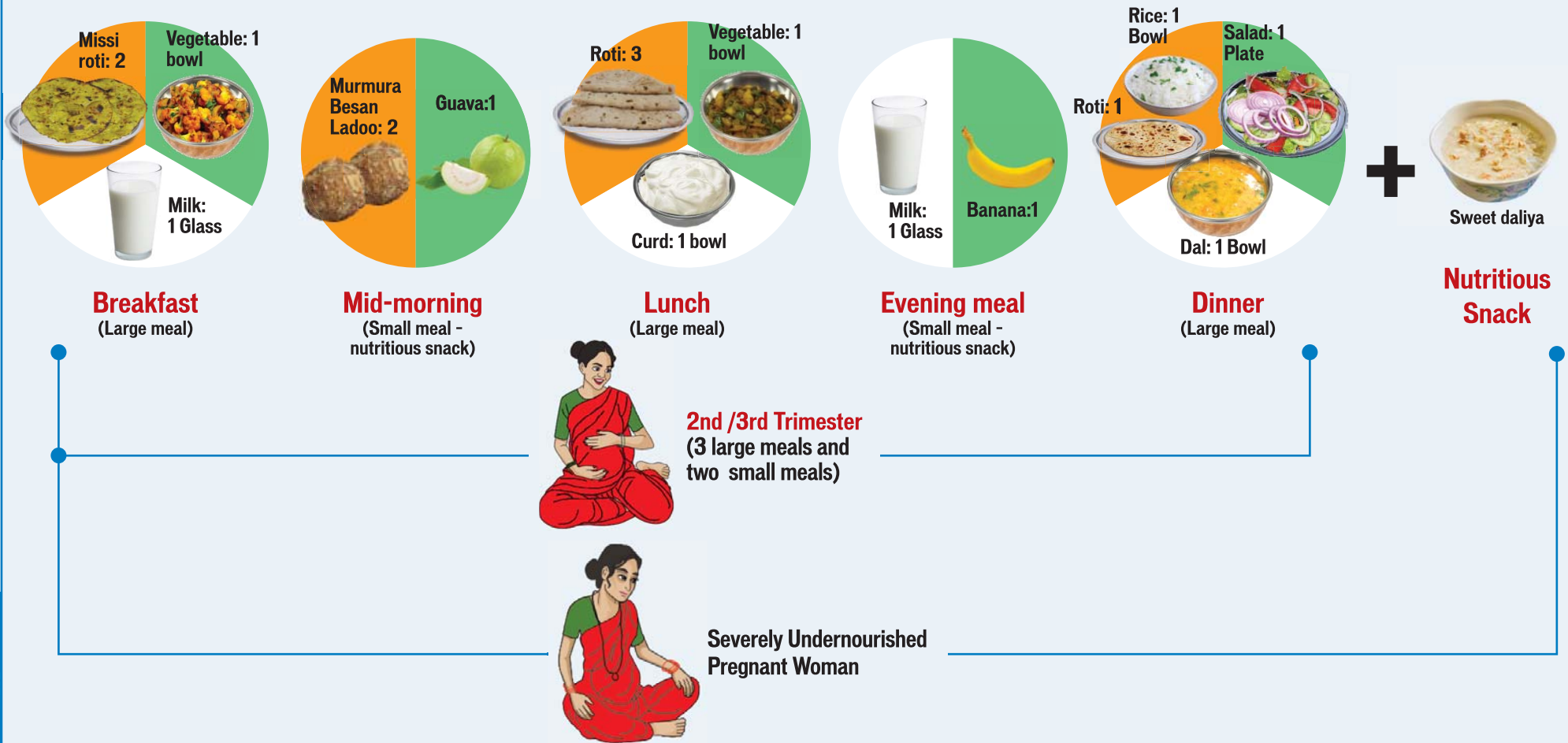
When and what to get examined?

- Weight and examination for underlying illness as advised by the doctor.

Adverse health effects:

- Complications in childbirth.
- Child malnutrition.

Undernutrition in Pregnant Women



Nutritious Snacks



Overweight and Obesity in Pregnant women



Talk to the women:

(Encourage them to answer, praise the mother for answering correctly)

- To know about your health status, I took measurements of your height, weight and MUAC.
- Let us learn/discuss about few things that are essential to stay healthy during pregnancy and can be easily followed at home.



Let's discuss this further

Do's:



- Small meals throughout the day.
- Plenty of green leafy vegetables, fibre rich fruits and vegetables, whole cereals like bajra and ragi, and whole pulses like rajma and soyabean etc.
- Fat free/ low fat milk.
- Tea and coffee without sugar.
- 8-10 glasses of water daily.
- Light exercise or brisk walking for 30 minutes.

For obese pregnant women (having BMI >25 Kg/m²):

- Replace any one big meal with recipes such as jowar-chana pulao, vegetable seviyan, soya poha, soya uttapam, daliya pulao or paushtik roti.
- Replace any two small meals with nutritious snacks like chhach, vegetable soup, fruit raita, vegetable idli, chana dal kebab, ankurit chana chaat, haryali khaman dhokla or murmura chaat.

Don'ts:



- Eat fried and sweetened items like chips, pakora, sweets, cold drinks etc.
- Consume refined wheat flour items like pizza, burger, cake, bakery items.
- Avoid eating outside food items.
- Avoid excessive use of oil/ghee while cooking meals.

When and what to get examined:

- Regular blood sugar, blood pressure and gestational weight gain.

Adverse health effects:

- Diabetes, High blood pressure and complications during delivery.

Overweight and Obesity in Pregnant women

Do's:



Green leafy vegetables



Whole pulses



Bajra



Ragi



Fat free/
Low fat milk



8-10 glasses
of water



Don'ts:



Chips and fries



Pakoras and samosas



Bakery items
and sweetened
beverages



Refined flour items
such as pizza, burger etc

Foods that can be included:



Chaach



Ankurit Chana
Chaat

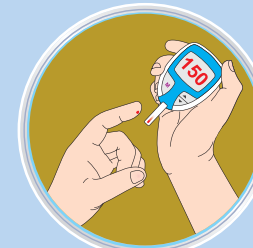


Vegetable
Seviyan



Daliya Pulao

Examinations to be done:



Assessment of blood pressure and blood sugar

Anemia



Talk to the women:

(Encourage them to answer, praise the mother for answering correctly)

- We have conducted a blood test to know haemoglobin levels in your blood during pregnancy. The haemoglobin levels in your blood is found to be lower than normal levels. This condition is called anemia.
- Let's discuss about essential doable things at home to prevent anemia.



Do's:



- All pregnant women should consume 1 IFA tablet daily with water or lemon juice.
- One deworming tablet should be taken in the second trimester (at 4 months) of pregnancy.
- For mild and moderate anemia (Hb 7-10.9g/dl), take 2 IFA tablets.
- For severe anemia, meet the doctor for treatment and get advice immediately.
- Consume IFA tablets 2 hours before meals. In case of problems such as indigestion, vomiting/nausea, constipation etc. consume the tablet 1 hour after meals. Do not stop taking the tablets.

Special items to be included in diet:

- Eat green leafy vegetables (bathua, fenugreek leaves, chulai ki saag (amaranth leaves)) and meat.
- Consume Vitamin C rich fruits and vegetables (lemon, guava, orange, amla, sweet lime) or sprouted pulses.



Let's discuss this further

Don'ts:



- Drinking tea and coffee, specially with/after meals.
- Taking IFA and Calcium tablets together.

When and what to get examined?

- Blood test as advised by the doctor.

Adverse health effects:

- Blood loss, fatigue, weakness, complications of delivery.

Do's:



IFA tablet

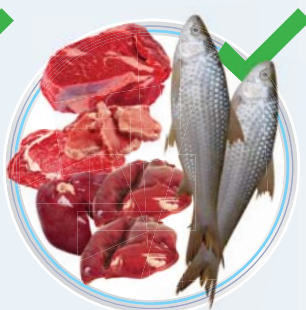
+



Lemon water



Green leafy vegetables



Meat



Vitamin C rich fruits



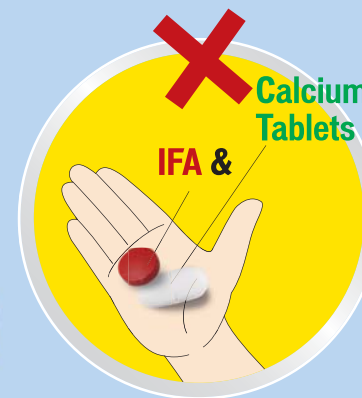
Sprouted pulses



Don'ts:



Tea and Coffee



Calcium Tablets

IFA &

When and what to get examined?



Haemoglobin testing and examining the paleness of skin, nails, tongue and eyes

Fluorosis



Talk to the women:

(Encourage them to answer, praise the mother for answering correctly)

- I will tell you a few things to prevent Fluorosis. By following these things, you can prevent dental and skeletal fluorosis.



Let's discuss this further

Do's:



- Have a balanced diet.
- Consume citrus fruits such as lemon, orange, amla, guava, etc. in daily diet.
- Include calcium rich foods like milk and milk products (curd, paneer etc.), dark green leafy vegetables (amaranth, knol khol and drumstick leaves), til seeds, ragi, etc.
- Clean the water with alum and use it.

Special items to be included in diet:

- Daily diet must include items made from milk and milk products, soybean, green leafy vegetables, daliya, sesame seeds, etc.

Don'ts:



- Foods containing excessive amount of fluoride must be avoided like black tea, black rock salt and foods containing black salt like pickles, fruit juices, etc.

When and what to get examined:

- Symptoms for dental and skeletal fluorosis.

Adverse health effects:

- Paleness of teeth, discoloration of teeth, presence of yellow lining on teeth.
- Crooked hands and feet, swelling in and around knees.
- Pain in joints.

Fluorosis



**Milk and
milk products**



Soya bean



**Dark green leafy
vegetable**



**Daliya and
sesame seeds**



**Citrus fruits and
Sprouted pulses**



**Black
rock salt**

Importance of Iodine



Talk to the women:

(Encourage them to answer, praise the mother for answering correctly)

- Let us now discuss the importance of iodine in our lives to prevent iodine deficiency. By keeping these things in mind, you can prevent yourself and the baby in your womb from iodine deficiency and its adverse effects.



Let's discuss this further

Do's:



- Use only iron and iodine double fortified salt in the food.
- Store salt in an air-tight container.
- Keep salt away from direct sunlight, fire, heat and cooking stove.
- Instead of adding salt during cooking, add salt after the food is cooked.

Special items to be included in diet:

- Eggs, double fortified salt, shrimp, etc

Don'ts:



- Store salt in an open container.
- Purchase and use unpackaged salt.

When and what to get examined:

- Symptoms of iodine deficiency like visible goitre (swelling in the neck).

Adverse health effects:

- Complications during pregnancy-mental retardation and poor physical growth of the baby.
- Abortions and stillbirths.
- Goitre (swelling in the neck).

Importance of Iodine



Instead of adding salt during cooking, add salt after the food is cooked to prevent loss of iodine from food during cooking.

Double Fortified Salt
(fortified with iron and iodine)

High Blood Pressure



Talk to the women:

(Encourage them to answer, praise the mother for answering correctly)

- I had checked your blood pressure. Your blood pressure was on a higher side; therefore, I would like to discuss about essential doable things at home to control high blood pressure.



Let's discuss this further

Do's:



- Eat a balanced diet.
- Eat calcium-rich food items such as milk or milk products, green leafy vegetables, ragi, sesame etc.
- Also eat potassium-rich fruits and vegetables like banana, amaranth leaves, spinach, sweet lime (Musambi), tomatoes, etc.
- Do Meditation and Yoga as it relieves stress.
- Do light exercise / walk for at least 30 minutes 5 days in a week.
- Take adequate rest.
- Go to the nearest health centre in case of high blood pressure.

Special items to be included in diet:

- Milk or milk products, green leafy vegetables and fruits.
- Calcium tablets as they are beneficial in preventing eclampsia, pre-eclampsia and high blood pressure.
- Seasonal fruits and raw vegetables in the form of salads regularly.

Don'ts:



- Salty foods items such as pickles, papad, chutneys, chips, sauces, bakery items etc.
- More than one teaspoon (six grams) of salt throughout the day.
- Fried food items like samosa, pakora, kachori, etc.
- Sprinkle salt over salad, curd and other food items.

When and what to get examined?

- Regular blood pressure monitoring.

Adverse health effects:

- Complications in delivery.
- Pre-eclampsia and eclampsia.

High Blood Pressure

Do's:



Yoga and meditation



Fruits and vegetables



milk and milk products



Calcium tablets



Don'ts:



Pakorras and samosas



Pickles



Sprinkle salt over salad, curd and other food items



Don't stress



Gestational Diabetes Mellitus



Talk to the women:

(Encourage them to answer, praise the mother for answering correctly)

- A blood test was conducted to know glucose (sugar) levels in your blood. The glucose levels (sugar) were found to be higher than normal in your blood. This is called gestational diabetes during pregnancy which is known as Gestational Diabetes Mellitus.
- Let us discuss some important things that will help you control diabetes during pregnancy.



Do's:

- Include roti, whole pulses, fruits, vegetables in your diet.
- Drink tea and coffee without sugar.
- Drink more quantity of buttermilk, water and homemade soup.
- Eat tomato, cucumber, radish, onions, etc. in salad.
- Consume mixed cereals like missi chappati (1 part black gram +3 part wheat).
- Mild exercise or brisk walk for 30 minutes daily.
- Consume low fat milk or milk without cream and its products and egg and lean meats (chicken/fish, etc.)
- If the sugar is not controlled by proper diet and exercise, consult the doctor immediately for treatment.

Special items to be included in diet:

- Whole grains and pulses.
- Fiber rich vegetables and fruits.



Let's discuss this further

Don'ts:

- Do not consume food items made from refined wheat flour, spicy and fried food items or excessive sweets.
- Fasting, overeating and skipping breakfast.
- Sweet fruits such as banana, chikoo, mango, pineapple, grapes, sharifa and litchi.
- Large amounts of energy giving foods at one time.

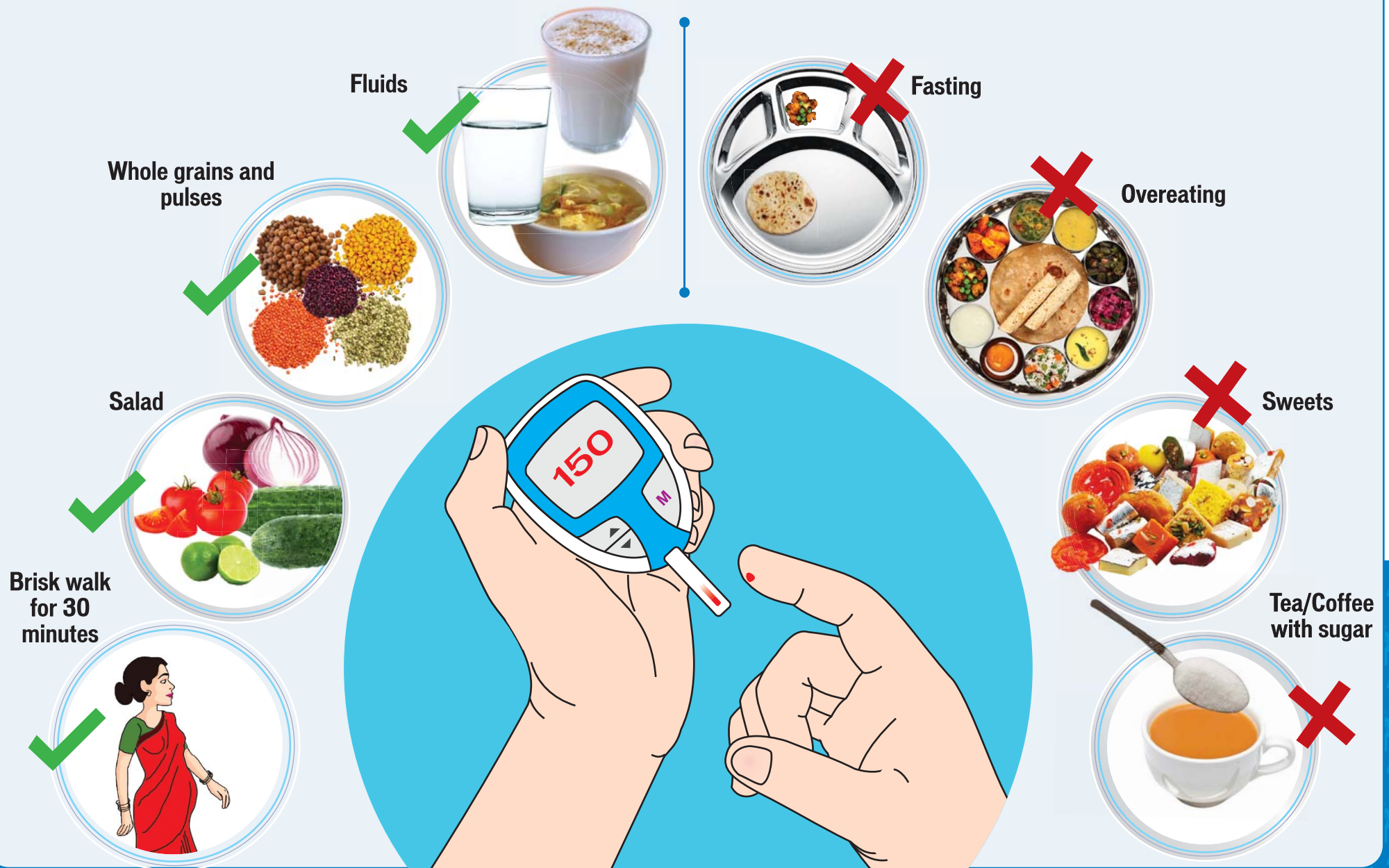
When and what to get examined?

- Regular blood tests and associated symptoms.

Adverse health effects:

- Risks to both the mother and the baby.

Gestational Diabetes Mellitus



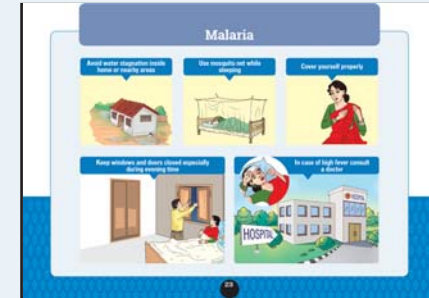
Malaria



Talk to the women:

(Encourage them to answer, praise the women for answering correctly)

- Malaria is a dangerous disease in which many precautions need to be taken.
- To avoid malaria, I will share with you some important tips that will prove helpful.
- Remember right type of information will ensure safety.



Let's discuss this further

Do's:

- Consume excess fluids such as lassi, buttermilk, lemonade, etc.
- Have a balanced diet.
- Continue taking malaria medicines on time.

For further prevention:

- Do not allow water to collect inside house, nearby drains, pits, old tires, pots or nearby surroundings of the house.
- Use mosquito net at bedtime regularly.
- Wear full sleeves clothes.
- Keep windows and doors closed, especially during evenings.

Special items to be included in diet:

- Increase daily intake of fluids.

Don'ts:

- Fried and spicy food items in case of nausea and vomiting.

When and what to get examined:

- Blood test.

Adverse health effects:

- Risks to both the mother and the baby.

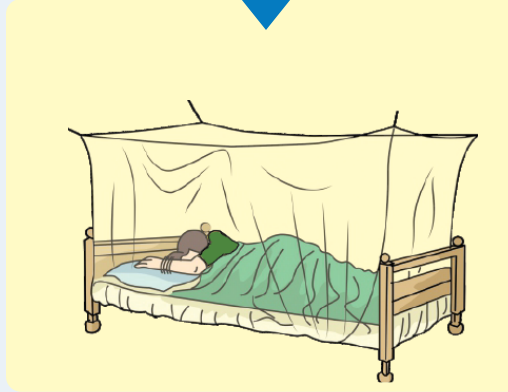
➔ **Malaria screening and treatment is available free of charge in all government health centers**

Malaria

Avoid water stagnation inside home or nearby areas



Use mosquito net while sleeping



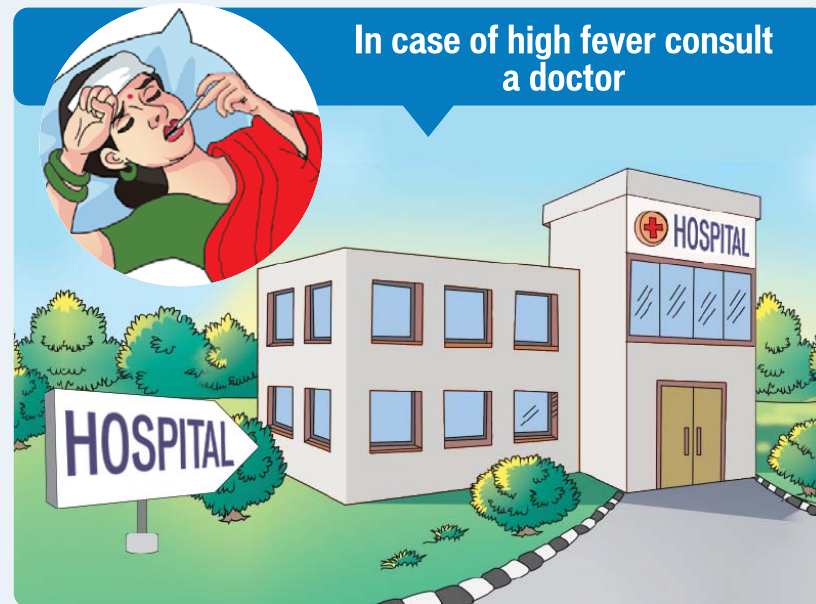
Cover yourself properly



Keep windows and doors closed especially during evening time



In case of high fever consult a doctor



Tuberculosis



Talk to the women:

(Encourage them to answer, praise the women for answering correctly)

- If you have T.B., you need to take special precautions to avoid any type of harm to yourself and your baby.
- Irregular treatment can cause serious problems.
- During this time it is very important to take care of a few things. I will share with you some important tips that will prove helpful.



Do's:

- Eat balanced diet containing all food group sources.
- Have a diet rich in milk, paneer, meat, fish, eggs, pulses, leafy vegetables and fruits.
- Include Vitamin C rich fruits and vegetables (lemon, guava, orange, amla, sweet lime) or sprouted pulses.
- Cover your mouth while coughing or sneezing.
- Visit DOTS centre regularly and get complete treatment.
- Eat hygienically prepared home food.
- Take adequate rest.
- Consume plenty of fluids like lassi, buttermilk, lemonade, etc.

Special items to be included in diet:

- Increase intake of milk, paneer, curd, meat, fish, egg, pulses.
- Fresh seasonal fruits and vegetables.

→ **T.B. screening and treatment is available free of charge in all government health centers**



Let's discuss this further

Don'ts:

- Food items made from refined wheat flour, fried and spicy food items.
- Spitting openly anywhere in the surrounding.
- Carbonated beverages.
- Excess intake of tea and coffee.

When and what to get examined?

- Regular visit to the doctor and examination of sputum.

Adverse health effects:

- Risks to both the mother and the baby.

Tuberculosis

New born baby should be given B.C.G immunization at the time of birth



Get regular and complete medication from DOTS centre



Do not spit here and there



Cover your mouth while coughing



Urinary Tract Infection (U.T.I)/ Sexually Transmitted Infection (S.T.I)



Talk to the women:

(Encourage them to answer, praise the women for answering correctly)

- There is a need to take care of certain points if you are suffering with infections in your private parts (U.T.I/S.T.I). These points will help you prevent infection.
- I will tell you some of the important points that will help you control the infection.



Let's discuss this further

Do's:

- Drink lots of water.
- Eat Vitamin C rich food sources like lemon water, orange, sprouts.
- Clean your private parts (always from front to back).
- Use condoms during sexual intercourse.
- Urinate immediately after having sexual intercourse.

Special items to be included in diet:

- Consume plenty of fluids.

Don'ts:

- Wear tight fitting and nylon underwear.

When and what to get examined?

- Seek medical advice on appearance of symptoms such as burning or itching sensation during urination, frequent urination and foul smelling discharge.

Adverse health effects:

- Risk of infections to the pregnant women.

Urinary Tract Infection (U.T.I)/ Sexually Transmitted Infection (S.T.I)

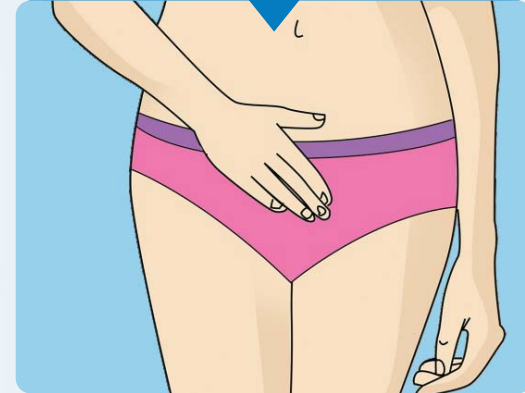
Drink lots of water



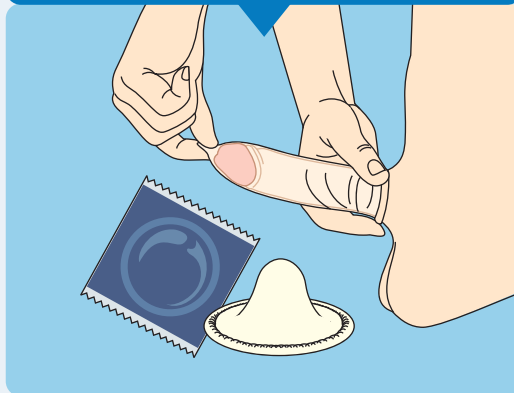
Vitamin C rich fruits like lemon
water, orange, sprouts



Do not wear tight fitting and
nylon underwear



Use condoms during sexual
intercourse



Get yourself and your husband
examined upon appearance of
signs and symptoms



Heart burn/Nausea/Vomiting



Talk to the women:

(Encourage them to answer, praise the women for answering correctly)

- Problems like heart burn, nausea and vomiting are common during pregnancy.
- If you keep some important points in mind, you will get relieved from such problems.
- I will tell you few points which will be beneficial for you.



Let's discuss this further

Do's:

- Take a toast or rusk early in the morning.
- Consume small frequent meals at regular intervals.
- Consume more fluids, such as coconut water, lemonade, buttermilk, lassi, etc.
- Consume cold milk as it reduces heart burn.

Special items to be included in diet:

- Plenty of fluids daily.

Don'ts:

- Consuming heavy meals at one time.
- Consuming fried and spicy food items.
- Consumption of tea on empty stomach.
- Lying down immediately after a meal.

When and what to get examined?

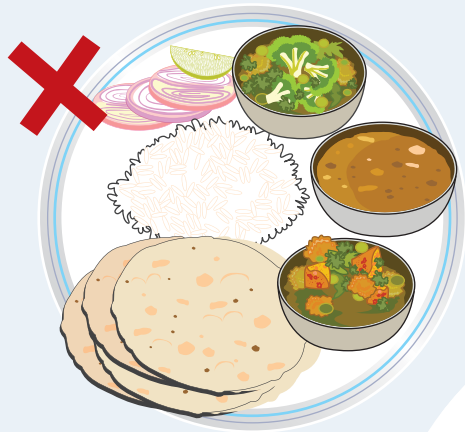
- Seek medical advice, if problem persists for long.

When and what to get examined?

- Deterioration in mother's health.

Heart burn/Nausea/Vomiting

Do not consume heavy meals at one time



Reduce consumption of fried and spicy food items



Consume meals at frequent intervals



Heart burn/Nausea/Vomiting

Consume more amounts of fluids



Constipation



Talk to the women:

(Encourage them to answer, praise the women for answering correctly)

- Problem of constipation is common during pregnancy.
- If you are suffering with constipation for a long duration, it might have harmful effects on your body.
- I will tell you few points which will be beneficial for you.



Let's discuss this further

Do's:

- Consume fibrous vegetables and fruits and whole lentils in the daily diet.
- Consume more fluids, such as coconut water, lemonade, buttermilk, lassi, etc.
- Drink 8-10 glasses of water daily.
- Get enough sleep.

Special items to be included in diet:

- Eat fiber rich leafy vegetables and fruits.
- Drink plenty of fluids.

Don'ts:

- Eat too much food at a time.
- Consume spicy, fried and oily foods.

When and what to get examined:

- Seek medical advice, if problem persists for long duration.

Adverse health effects:

- Stomach ache, flatulence and other gastro-intestinal issues.
- If constipation is not treated for a long time, then it can result in serious consequences.

Constipation

Leafy and fiber
rich vegetables



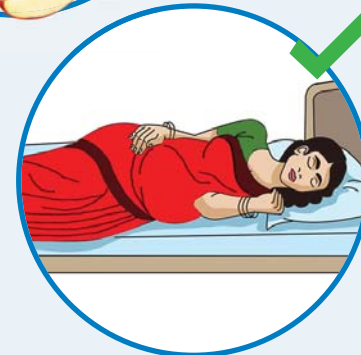
Fruits



Whole pulses



Proper sleep
and rest



Coconut water,
lemon water and
lassi



Drink 8-10
glasses of
water daily



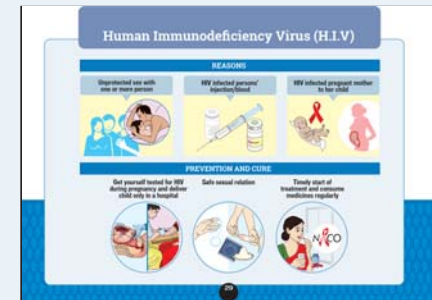
Human Immunodeficiency Virus (H.I.V)



Talk to the women:

(Encourage them to answer, praise the women for answering correctly)

- HIV is an infection that can be fatal. I will give you some information which will help you and your baby.



Let's discuss this further

Do's:



- Eat a balanced diet.
- Consume HIV medicines regularly as prescribed by the doctor.
- To avoid any kind of infection, maintain personal hygiene and sanitation.
- Deliver your child only in the hospital.
- Consume hygienically prepared home foods and clean drinking water.
- Adequate rest.

Special items to be included in diet:

- Yellow-orange colored fruits and green leafy vegetables.

Don'ts:



- Unprotected sex.

When and what to get examined?

- During pregnancy, the pregnant woman should get herself and her baby examined for HIV infection at regular intervals.

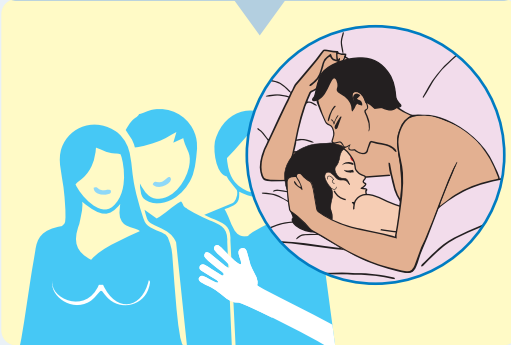
Adverse health effects:

- Life threat to the mother and her child.

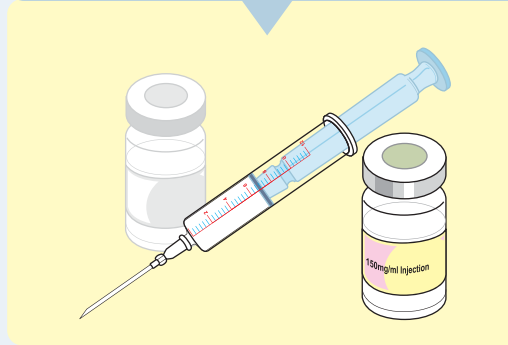
Human Immunodeficiency Virus (H.I.V)

REASONS

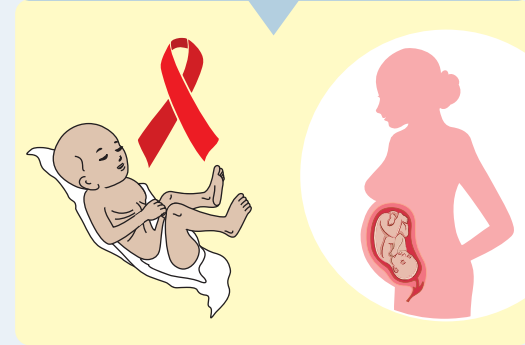
Unprotected sex with one or more person



HIV infected persons' injection/blood

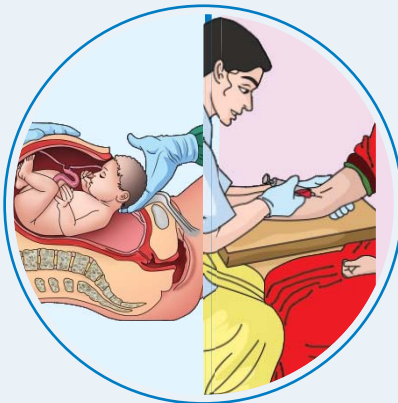


HIV infected pregnant mother to her child



PREVENTION AND CURE

Get yourself tested for HIV during pregnancy and deliver child only in a hospital



Safe sexual relation



Timely start of treatment and consume medicines regularly



Hypothyroidism



Talk to the women:

(Encourage them to answer, praise the mother for answering correctly)

- We have conducted a blood test to know level of thyroid hormones in your blood during pregnancy; the level of thyroid hormones in your blood is found to be lower than normal levels - this condition is called as hypothyroidism
- Let's discuss about essential doable things at home to manage hypothyroidism



Let's discuss this further

Do's:



- Thyroid medicine is safe during pregnancy for mother and baby and should not be stopped
- Take thyroid medication empty stomach
- Keep a gap of at least 30-45 minutes before you eat/drink anything except water after taking medicine
- Make sure your hands are dry before opening the bottle.
- Keep thyroid medicine in cool, dry and dark place, away from humidity
- Discard discoloured or expired medication
- Do not miss thyroid medication while travelling or if you are sick
- Minimum gap of 4 hours should be maintained between the consumption of thyroid medicine and calcium/IFA tablet

Don'ts:



- Taking thyroid medicine with calcium/IFA tablets
- Skipping thyroid medicine
- Consuming goitrogenic foods immediately after the intake of thyroid medicine
- Taking excessive salt in diet
- Consuming salt with low iodine content

When and what to get examined?

- Blood test for thyroid stimulating hormone (TSH) as advised by your doctor

Adverse health effects:

- Complications in a pregnant woman may include miscarriages, recurrent pregnancy losses, anemia, pre-eclampsia, post-partum haemorrhage, etc
- Complications in new born such as preterm birth, low birth weight infants, low mental ability/IQ, poor motor skills, etc

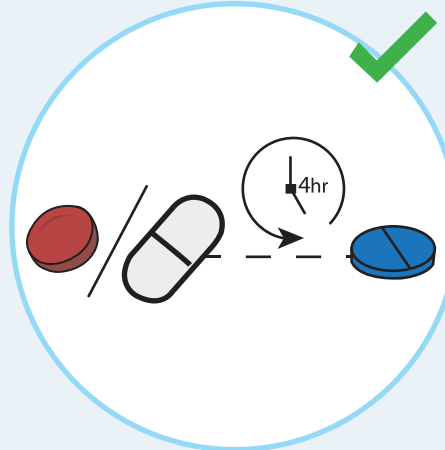
Special items to be included in diet:

- Add iodized salt in your food; always check for the iodized salt logo on the packet before buying
- Eat food rich in:
 - ❖ **Iodine:** milk and milk products (curd, *paneer*, *khoa*), egg, fish, chicken and meat
 - ❖ **Iron:** green leafy vegetables, Bengal gram whole, chicken liver, *ragi*, *bajra*, etc
 - ❖ **Zinc:** whole wheat, *bajra*, soyabean, amaranth leaves, poppy and sesame seeds, etc
 - ❖ **Selenium:** Lentils, Bengal gram dal, niger seeds, sesame seeds (brown), fish, egg, etc
 - ❖ **Vitamin A:** Green leafy vegetables, tomato, milk, pumpkin, carrots, mango, etc
- Goitrogenic foods such as vegetables (cauliflower, cabbage, broccoli, spinach), soybean and soy products can be consumed after cooking or steaming. Keep a gap of 1 hour from the intake of thyroid medicine

Hypothyroidism



Blood test for thyroid stimulating hormone (TSH) levels in blood



Maintain at least 4 hours gap between thyroid medicine and calcium/IFA tablet



Take thyroid medication empty stomach



Eat foods rich in iodine, iron, zinc, selenium and Vitamin A



Consume goitrogenic foods after cooking or steaming



Consume iodized salt

Hyperthyroidism



Talk to the women:

(Encourage them to answer, praise the mother for answering correctly)

- We have conducted a blood test to know levels of thyroid hormones in your blood during pregnancy; the level of thyroid hormones in your blood is found to be higher than normal levels - this condition is called as hyperthyroidism
- Let's discuss about essential doable things at home to manage hyperthyroidism



Let's discuss this further

Do's:



- Get yourself checked after an interval of 3 months by the doctor
- Follow up with the doctor after every 3 months
- Medicine given by the doctor is safe during pregnancy for mother and baby and should not be stopped without consulting doctor
- Keep thyroid medicine in cool, dry and dark place, away from humidity
- Discard discoloured or expired medication
- Do not miss thyroid medication while travelling or if you are sick
- Include a variety of foods in your diet, such as cereals, pulses, green leafy vegetables, yellow and orange fruits and vegetables, citrus fruits milk, meat, chicken, fish, egg, nuts, oils, sugar/jaggery
- Goitrogenic foods or those inhibiting production of thyroid hormones such as vegetables like cauliflower, cabbage, broccoli, spinach, soybean, soy products and peanuts can be easily consumed in hyperthyroidism

Special items to be included in diet:

- High calorie and nutritious foods like milk, meat, chicken, egg, pulses and wheat
- Make your food energy dense by adding ghee, butter, cream, nuts, sugar/jaggery
- Eat all fruits and vegetables
- Drink lot of fluids such as milk, water, lemon water or coconut water

Don'ts:



- Skipping thyroid medicine
- Taking excessive salt in diet

When and what to get examined?

- Blood test for Thyroid Stimulating Hormone (TSH), as advised by your doctor

Adverse health effects:

- Failure to attain appropriate weight gain
- Child may be preterm or low birth weight
- It may cause high blood pressure and heart problem in mother

Hyperthyroidism



**Check up every
3 months**



**Blood test for thyroid stimulating
hormone (TSH) levels in blood**



**Consume goitrogenic
foods**



**Include variety
of foods in diet**



**Do not use
excessive salt in diet**



**Discard discoloured
expired medication**



**Don't skip medicine
without consultation**

Counseling tips



Do

- Use simple and common language that is easy to understand.
- Use open ended questions.
- Practice active listening.
- For effective counseling and explanation, use voice modulation, facial expressions and body languages.



Do not

- Panic.
- Misinterpret.
- Attempt solving problems in haste.
- Frequently interrupt women who are being counseled.
- In-depth enquiry about bitter and bad experiences.
- Negative remarks on mother's behaviour or decisive attitude.

**For more information, contact your nearest Anganwadi centre,
Anganwadi worker, A.N.M or ASHA worker.**