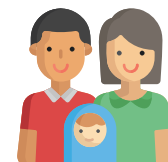


# DO YOU INTEND TO GET PREGNANT?

SEE YOUR FAMILY DOCTOR FIRST.



## IF YOU ARE OR SUSPECT TO BE PREGNANT:

GO TO THE "CENTRO DE SAÚDE" (HEALTH CENTER) IN YOUR RESIDENCE AREA:



→ A pregnancy specific appointment will be scheduled for you, where you will be given the necessary information for the birth of a healthy baby;



→ Essential medicines for pregnancy in accordance to your clinical condition will be prescribed to prevent anomalies in the baby (e.g. Folic acid and iodine);



→ The necessary examinations will be requested at each stage of your pregnancy;



→ You will be referred to be monitored in hospital care if your pregnancy is considered to be high risk;

### ATTENTION:



→ You must have your first trimester ultrasound between 11 and 13 weeks 6 days, as well as your clinical tests to ensure first trimester screening;



→ You must follow the advice of your family doctor and nurse throughout your pregnancy;



→ You will be referred to the hospital in your area of residence, at the appropriate time, for the final phase of pregnancy and childbirth.

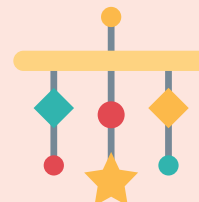
Keep in mind that you still have the possibility of receiving help and orientation should you have any doubts or find yourself incapable of doing something.



Contact your **health center**

or the **SOS maternity/hospital LINE**  
**258 802 150**

**Saúde 24: 808 242 424**



VIANA DO CASTELO



UNIDADE LOCAL DE SAÚDE DO ALTO MINHO, EPE



Instituto Politécnico de Viana do Castelo  
Escola Superior de Saúde



FUNDO ASILO, MIGRAÇÃO E INTEGRAÇÃO



UNIÃO EUROPEIA



REPÚBLICA PORTUGUESA



SGMAI SECRETARIA GERAL  
MINISTÉRIO DA ADMINISTRAÇÃO INTERNA



ACM  
ALTO COMISSARIADO PARA AS MIGRAÇÕES

DO NOT HESITATE TO ASK THE QUESTIONS YOU FIND PERTINENT TO HEALTH PROFESSIONALS.



VIANA DO CASTELO

EN

### SOME ADVICE TO TAKE INTO CONSIDERATION:



→ Do not take medication without medical consent;



→ If you smoke, you must stop smoking, or at least reduce your consumption to a maximum of four cigarettes per day;



→ Avoid alcoholic beverages;



→ You must have adequate resting periods;



→ Have a balanced diet, preferably simple dishes without extended periods of fasting;



→ Drink at least 1.5 liters of water per day. Avoid soft drinks, especially carbonated ones;



→ Continue your normal work and exercise routine if your pregnancy is not at high risk.

REFER TO THE HEALTH CENTER IN YOUR AREA OF RESIDENCE IN THE FOLLOWING SITUATIONS:

Vaginal bleeding ↔ → Persistent vomiting

Loss of fluid through the vagina ↔

→ Strong or continuous headaches

Vaginal discharge with pruritus/burning ↔

→ Vision disturbances

Abdominal/pelvic pain ↔

→ Decreased movements of the fetus/baby

Chills or fever ↔

→ Feeling of regular uterine contractions

Pain/burning when urinating



# HEALTHIER PREGNANCY!

THIS INFORMATION IS FOR YOU!

## THE MOMENT OF CHILDBIRTH HAS ARRIVED!



### DO NOT BE AFRAID!



→ It is a unique moment and you will find in the hospital a specialized team to receive and guide you.



→ The team will do everything to help you turn this event into a good memory.



→ The team of doctors, nurses and operational assistants is available 24 hours a day to assist you.



→ You have the choice of epidural anesthesia available 24 hours if you so wish.



→ Personalized follow-up, with maternal health specialists, who will try to fulfill your birth plan whenever possible, is available.



→ You can be accompanied during childbirth and all hospitalization (24 hours) by the father or significant person.

## POSTPARTUM IN THE HOSPITAL



→ The hospitalization for a vaginal delivery lasts about 48 hours, while for a C-section (caesarean section) it is about 72 hours.



→ You can be accompanied by the father or a person of your choice (24 hours).



→ A specialized team is available during the hospitalization to support and teach you about childcare and puerperal care.

### BEFORE LEAVING THE HOSPITAL



→ The first vaccines will be given to your baby;



→ You will be guided about special care for you and your baby;



→ You will have help and breastfeeding support (24h support number – 258 802 150).

**CONTINUOUS CARE RECEIVED AT THE HOSPITAL WILL BE CONTINUED BY THE HEALTH CENTER IN YOUR AREA OF RESIDENCE.**

## YOU GOT HOME WITH YOUR BABY



### IN ORDER TO LIVE THIS STAGE WITH SATISFACTION AND TRANQUILITY, YOU MUST:

- Take care of yourself, your baby and your life as a couple;
- Accept the help of a family member or friend, without delegating the role of mother or father;
- Limit the number of visits;
- Share the domestic chores between the couple;
- Rest, taking advantage of your baby's sleep;
- Eat and drink healthily;
- Plan your baby's care;
- See breastfeeding as a moment of satisfaction and not discouragement.



IT IS NORMAL TO HAVE DOUBTS OR DIFFICULTIES.  
SEEK HELP WITH YOUR FAMILY NURSE  
OR MATERNITY NURSE.

### HEAD TO THE HEALTH CENTER OF YOUR AREA OF RESIDENCE IN THE FOLLOWING SITUATIONS:



- Vaginal bleeding;
- Infection – signs: fever, pain, smells in your vaginal secretion;
- Pain/burning while urinating;
- Mood changes – feeling sad, unwilling or unable to care for your child.



ENJOY YOUR BABY  
THE MOST YOU CAN.

THIS MOMENT IS SPECIAL  
IN THE PARENTS' LIVES.

