



Maternity Plan

Mitera Health
Plans and Packages



Maternity Plan



Services	Benefits
Routine antenatal check and investigations including full blood count	Antenatal Checks during 5 visits
Routine antenatal medications	Necessary to prevent neural tube defects in the unborn child and for general maternal well being
Immunization	Tetanus Toxioid and screening for Cervical Cancer
Urinalysis and screening for Pregnancy Induced Hypertension	Done during the 5 antenatal and postpartum visits
Abdominal Ultrasound Scans	Scans during 3 visits
Counseling and testing for HIV	Offered voluntarily
Obstetric care EXCLUDING caesarean section	Gives access to basic and necessary obstretic care at delivery
Post-partum checkup	Appointment within 48-72 hours post delivery for Full blood count and general medical check up
Awareness Programme	Programme provided through SMS and dedicated free-toll call service including appointment scheduling through the mobile app application of the Mitera Health Electronic Patient Record (EPR) system

Exclusion List

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Non-Eligibility for Focused Antenatal Care

A woman is non-eligible for Focused Antenatal Care if any of the factors below are positive in her medical and obstetric history.

1. Obstetric History

Still birth/Perinatal Loss

Habitual Abortions

Birth Weight < 2.5kg/ >4kg

Previous Pregnancy Induced Hypertension

Previous Pre-Eclampsia/Eclampsia

Previous Surgery on Reproductive Tract

2. Current Pregnancy

Multiple Pregnancies

Maternal Age < 16years/ > 40 years

Vaginal Bleeding

Isoimmunisation

Pelvic Mass

Diastolic Blood Pressure < 90mmHg at booking

3. General Medical Condition

Diabetes Mellitus

Renal Disease

Cardiac Disease

Known substance abuse

4. Any other debilitating medical conditions?

Questions or Enquiries?

We would love a feedback. Please send us an email via **info@miterahealth.com.ng** or call **(+234) 906 254 7420**

**Thank you
for Reading**