



Get Pregnant at the Right Time and Be Alert to Preterm Labor Signs



Pregnancy at an appropriate age is crucial: not too young and not too old. To protect the health of mothers and their babies, mothers must have regular prenatal checkups and learn to identify preterm labor signs to ensure safe childbirth as well as the health of newborns.

Five Dos and Five Don'ts during Pregnancy

- **Have regular prenatal checkups**

(The government subsidizes up to 10 prenatal checkups for each pregnancy).

- **Learn about signs of preterm labor**

(e.g., vaginal bleeding, abdominal cramps, and incessant uterine contractions).

- **Follow pregnancy care instructions**

(e.g., avoid X-ray irradiation, smoking, and alcohol consumption).

- **Know what a high-risk pregnancy is**

(e.g., presence of gestational diabetes or high blood pressure during pregnancy).

- **Be familiar with the signs of labor**

(e.g., bloody show, cramps, back pain, and water breaking).

Don't smoke or drink alcohol.

Avoid secondhand smoke.

Don't take any medicine without your doctor's approval.

Don't take any narcotics.

Avoid a planned c-section.

Source: Health Promotion Administration, Ministry of Health and Welfare

For more information, please contact the Health Promotion Administration by calling 0800-870-870 (Pregnancy Care Helpline) or visit the Pregnancy Care Website. The Cloud Pregnancy Help (Yun-Duan-Hao-Yun-Shou) app is also available for download, enabling those who are pregnant and their families to implement prenatal care anytime and anywhere.

The Pregnancy
Care Website



Cloud Pregnancy
Help



Android
(scan the QR code)



iOS
(scan the QR code)



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