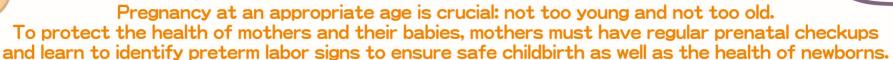
Get Pregnant at the Right Time and Be Alert to Preterm Labor Signs



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-sections

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)

