



- As soon as you start the fifth month of pregnancy, take calcium once a day for 3 months.
- Take one packet everyday with breakfast.
- Sprinkle calcium powder in some portion of food.
- Take entire calcium sprinkled food.
- Drink water more than usual throughout the day when taking calcium powder.
- Do not sprinkle calcium powder in very hot foods.

Note: Do not take calcium powder if the packet is damaged or already torn.

Calcium powder (packet)

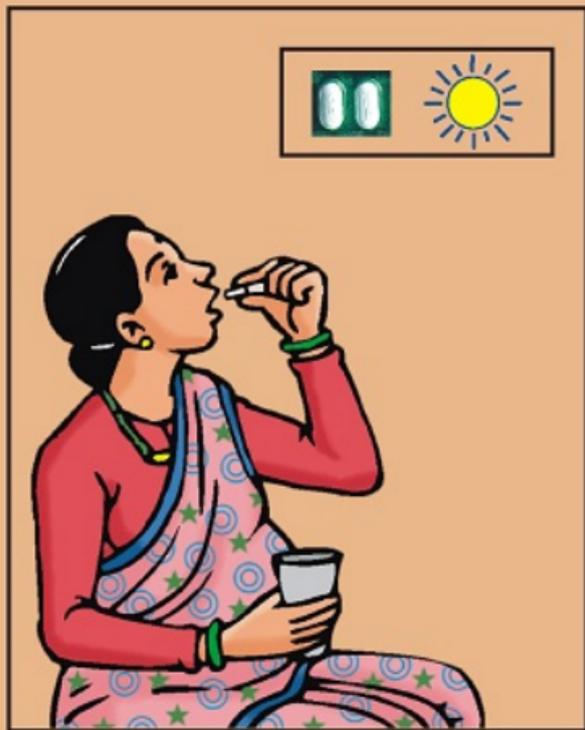
Mixture: 1 packet calcium powder = 1 gram calcium carbonate

Manufactured date: Bhadra, 2066

Expiry date: Shrawan, 2068

Manufactured by: Hexagon Nutrition Pvt. Ltd., Mumbai, India





- As soon as you start the fifth month of pregnancy, take calcium once a day for 3 months.
- Take two calcium tablets after breakfast.
- Drink water more than usual throughout the day when taking calcium tablet.

Note: Do not take calcium tablet if the strip is damaged.

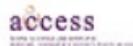
Calcium tablet

Mixture: 1 gm calcium tablet = 1 gram calcium carbonate

Manufactured date: January 2009

Expiry date: January 2011

Manufactured by: Orion Laboratories Limited, Dhaka, Bangladesh



Importance of Calcium Tablet while Pregnant

- During pregnancy calcium helps keep women healthy—reducing the chance of developing danger signs that threaten her life and that of her baby. A pregnant woman can sometimes experience severe headache, blurred vision, oedema (swelling) of hands and feet, stiffness of body, convulsions and loss of consciousness—which are the danger signs. We call this condition as pre eclampsia/eclampsia. We can reduce the risk of developing these danger signs with the regular use of calcium.
- As soon as you start the fifth month of pregnancy, take calcium once a day for 3 months.
- Take two calcium tablets after breakfast.
- Drink water more than usual throughout the day when taking calcium tablet.
- It is safe and effective.
- It helps the health of mother and baby.
- We can get calcium tablet from FCHVs.
- Calcium tablet should be stored safely in cool, dry place and prevent exposing to direct sunlight.

Note: If any pregnant woman taking calcium develops any danger signs, visit health facility immediately.



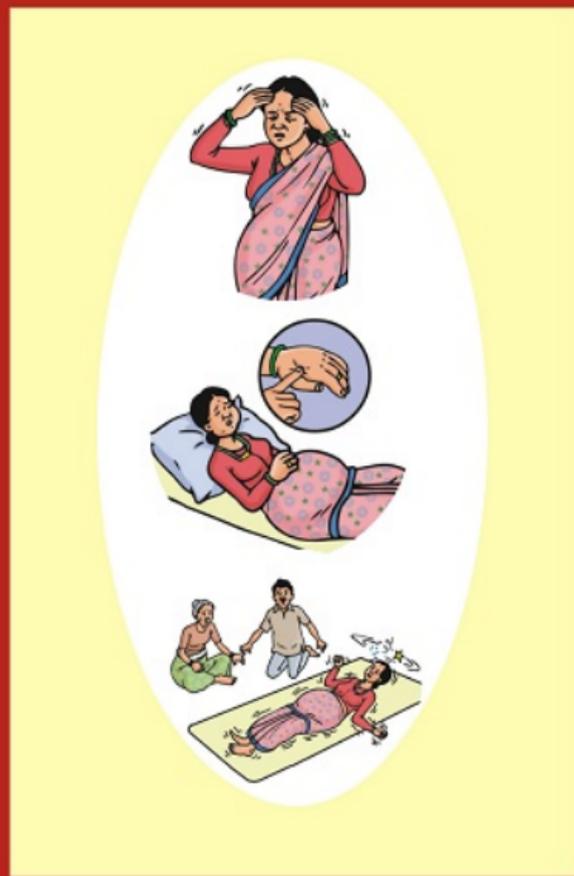
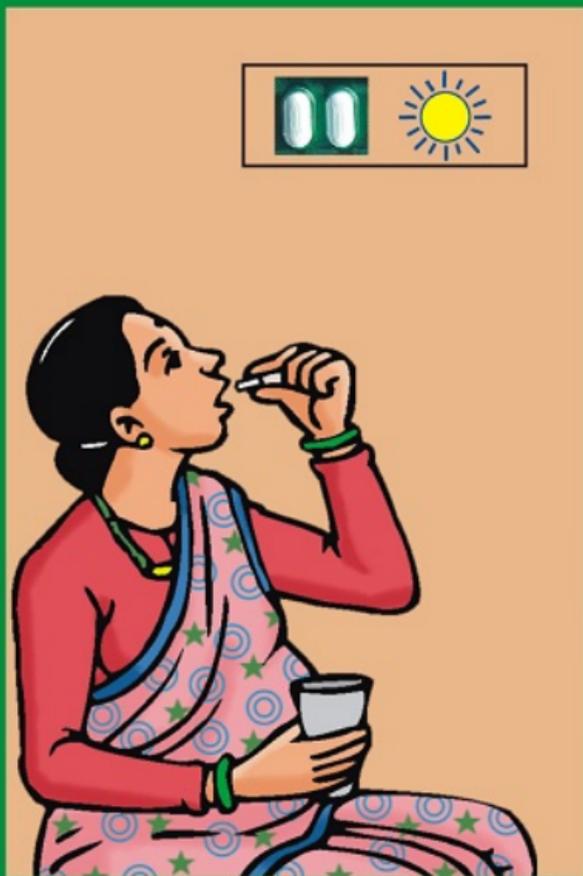
Importance of Calcium Powder while Pregnant

- During pregnancy calcium helps keep women healthy—reducing the chance of developing danger signs that threaten her life and that of her baby. A pregnant woman can sometimes experience severe headache, blurred vision, oedema (swelling) of hands and feet, stiffness of body, convulsions and loss of consciousness—which are the danger signs. We call this condition as pre eclampsia/eclampsia. We can reduce the risk of developing these danger signs with the regular use of calcium.
- As soon as you start the fifth month of pregnancy, take calcium once a day for 3 months.
- Take one packet every day with breakfast.
- Sprinkle calcium powder in some portion of food.
- Take entire calcium sprinkled food.
- Drink water more than usual throughout the day when taking calcium powder.
- Do not sprinkle calcium powder in very hot foods.
- It is safe and effective.
- It helps the health of mother and baby.
- We can get calcium powder from FCHVs.
- Calcium powder should be stored safely in cool, dry place and prevent exposing to direct sunlight.

Note: If any pregnant woman taking calcium develops any danger signs, visit health facility immediately.



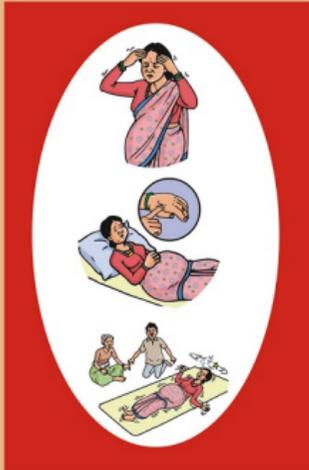




Use of Calcium during pregnancy

Why to take calcium?

During pregnancy calcium helps keep women healthy—reducing the chance of developing danger signs that threaten her life and that of her baby. A pregnant woman can sometimes experience severe headache, blurred vision, oedema (swelling) of hands and feet, stiffness of body, convulsions and loss of consciousness—which are the danger signs. We called this condition as pre eclampsia/eclampsia. We can reduce the risk of developing these danger signs with the regular use of calcium.



Note: If any pregnant woman taking calcium develops any danger signs, visit health facility immediately.



When and how much to take calcium?

- As soon as you start the fifth month of pregnancy, take calcium once a day for 3 months.
- It is safe and effective.
- It can be found in tablet and powder form.
- Both forms are equally effective.
- It helps the health of mother and baby.
- Drink water more than usual throughout the day when taking calcium.

Where can you receive calcium?

- Female Community Health Volunteers.

How to keep calcium safely?

- Calcium should be stored safely in cool, dry place and prevent exposing to direct sunlight.

MANAGING SEVERE PRE-ECLAMPSIA AND ECLAMPSIA WITH MAGNESIUM SULPHATE (MgSO₄)

LOADING DOSE:

Take 4 gm MgSO₄ IV as 20% solution:

- Take one 20 mL syringe.
- Draw 4 ampules of MgSO₄ 50% = 8 mL = 4 gm into the syringe.
- Add 12 mL water for injection to make it 20%.
- Give IV slowly over 5 minutes.

Follow promptly with 10 gm as 50% MgSO₄ deep IM

- Take two 10 mL syringes.
- Draw 5 ampules of MgSO₄ 50% = 10 mL = 5 gm into each syringe.
- Add 1 mL of 2% Lignocaine in each syringe.
- Give deep IM in each buttock.
- If further fits occur, give further 2 ampules of MgSO₄ 50% = 4 mL = 2 gm IV slowly over 5 minutes.



MAINTENANCE DOSE:

5 gm as 50% MgSO₄ deep IM in alternate buttocks every 4 hourly:

- Take one 10 mL syringe.
- Draw 5 ampules of MgSO₄ 50% = 10 mL = 5 gm into the syringe.
- Add 1 mL of 2% Lignocaine in that syringe.
- Give deep IM in alternate buttocks every 4 hourly.
- Continue same treatment for 24 hours after delivery or the last convulsion, whichever is the last.



Before Repeating MgSO₄, Always Monitor for Toxicity. Withhold or Delay if any of the following

- Respiratory rate < 16/minute
- Patellar reflexes absent
- Urine output < 30 mL/hr

If Respiratory Arrest:

- Assit ventilation with bag and mask or intubation.
- Give Calcium Gluconate 1 gm (10 mL of 10%) IV slowly until respiration begins.



access

Access to clinical and community
material, maternal and newborn health services



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