



Pregnancy Information: What Women Need to Know

1. Understanding Pregnancy

Pregnancy occurs when a fertilized egg implants in the uterus. It usually lasts about 40 weeks and is divided into three trimesters. Each trimester comes with physical and emotional changes that are normal, though experiences vary among women.

2. Early Signs and Symptoms of Pregnancy

Common early signs include missed periods, nausea or vomiting, breast tenderness, fatigue, frequent urination, food cravings or aversions, and mood changes. A pregnancy test is the first step to confirm pregnancy, followed by a health facility visit.

3. Confirming Pregnancy

Pregnancy can be confirmed using a urine pregnancy test or blood test. For accurate results, testing is best done after a missed period. An ultrasound may be used later to confirm the location and age of the pregnancy.

4. Warning Signs – When to Seek Help

Seek immediate medical care if there is heavy bleeding, severe abdominal pain, severe headache.

5. Pregnancy Choices and Support

Women have the right to accurate information, respectful care, and emotional support when making decisions about pregnancy. Support services, counseling, and referrals can help women make informed choices.

6. Emotional and Mental Well-being

Pregnancy can bring emotional changes, including anxiety or stress. Women should seek emotional support or professional help if they feel overwhelmed or depressed.

7. Where to Get Help

Women should know trusted health facilities, hotlines, and community services for pregnancy information, care, and referrals. Early help-seeking improves health outcomes.