

Pregnancy and Childbirth Education Programme

A Guide for Pregnant Woman



The Outpatient Services of Aga Khan University Hospital offer Pregnancy and Childbirth Education Programmes to assist expectant couples in the preparation for the experience of pregnancy, childbirth and adjustment to the parental role.



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi



Congratulations!

You are Pregnant

The news that you are pregnant can be the most joyous for you. It triggers a flood of emotions mixed with a lot of expectation. You may also feel a little frightened and have many questions. The more you know about what to expect as your baby develops, the more confident you will feel, and the more you can enjoy your pregnancy.

The outpatient Nursing services of Aga Khan University Hospital offer Pregnancy and Childbirth Education Programmes to assist in the preparation of expectant couples for the experience of pregnancy, childbirth and adjustment to the parental role. You are invited to actively participate in identifying your learning needs and interests.

Please enrol in classes early in your pregnancy. It is a four session programme every Saturday morning

- **Session 1:** Physical and emotional changes during pregnancy, their management and body toning exercise.
- **Session 2:** Benefits of breast feeding, related problems and their management; nutrition during pregnancy and breast feeding period.
- **Session 3:** Signs and symptoms of labour, identification of true and false labour pain, breathing exercises during labour, care of episiotomy, self-care after delivering the baby and family planning.
- **Session 4:** Pain relief options available during labour, role of father towards the mother and the baby, tour of room and private, semi-private and general ward area. Fathers are specially invited to attend this session.

We Are Looking Forward To Meet You

Information about class content, day, date, time and location may be obtained from Consulting Clinic mention below.

For further information, please call:

Consulting Clinic 4
Aga Khan University Hospital
Karachi
Tel: 3493 0051, Ext 1033-36-79