

For Your Well-being during Pregnancy and Delivery

すこやかな妊娠と出産のために

英語版



Make sure to notify your pregnancy at an early stage!

早期に妊娠の届出をしましょう！

- Please notify the municipal office of your pregnancy as soon as it is confirmed.

妊娠に気づいたら、お住まいの市町村の窓口にてできるだけ早く妊娠の届出を行ってください。

- At the municipal office, a Maternal and Child Health Handbook will be issued to you and you will receive health checkup tickets that you can use for health checkups for pregnant women at public expense. You also have access to counseling services with public health nurses, mothers'/parents' classes and various information services.

窓口では、母子健康手帳の交付とともに、妊婦健診を公費の補助で受けられる受診券や、保健師等による相談、母親学級・両親学級の紹介、各種の情報提供などを受けることができます。



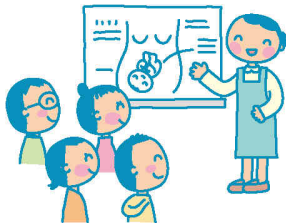
Remember to undergo the health checkups for pregnant women!

妊婦健康診査を必ず受けましょう！

- You need to pay special attention to your health during pregnancy.
- Please undergo a health checkup at a medical institution at least once a month (at least twice a month after the 24th weeks of pregnancy and once a week after the 36th week).

妊娠中は、ふだんより一層健康に気をつけなければなりません。

少なくとも毎月1回（妊娠24週以降には2回以上、さらに妊娠36週以降は毎週1回）、医療機関などで健康診査を受けましょう。



What is a health checkup for pregnant women?

妊婦健康診査とは

- It is a health examination, including physical examination, blood tests, blood pressure measurement and a urine test, to check the health of a pregnant woman and the growth of the baby in her womb.

妊婦さんの健康ぐあいや、お腹の赤ちゃんの育ちぐあいをみるため、身体測定や血液・血圧・尿などの検査をします。

- Diseases, such as **anemia, hypertension of pregnancy and pregnancy diabetes**, can potentially affect the growth of the baby in the womb and undermine maternal health.

特に、貧血、妊娠高血圧症候群、妊娠糖尿病などの病気は、お腹の赤ちゃんの発育に影響し、母体の健康を損なうことがあります。

- By undergoing a health checkup for pregnant women, you will be able to discover any diseases and get the necessary medical attention at an earlier stage.

妊婦健診を受けることで、病気などに早く気づき、早く対応することができます。

Symptoms that require medical attention

気をつけたい症状

Consult a doctor as soon as you notice the following symptoms!

次のような症状が出たら早く医師に相談を！

<input checked="" type="checkbox"/> Swelling むくみ	<input checked="" type="checkbox"/> Obstinate constipation がんこな便秘
<input checked="" type="checkbox"/> Genital bleeding 性器出血	<input checked="" type="checkbox"/> Unusual vaginal discharge 普段と違うおりもの
<input checked="" type="checkbox"/> Abdominal pain 腹痛	<input checked="" type="checkbox"/> Acute headache 強い頭痛
<input checked="" type="checkbox"/> Fever 発熱	<input checked="" type="checkbox"/> Serious weakness due to morning sickness つわりで衰弱がひどい
<input checked="" type="checkbox"/> Diarrhea 下痢	<input checked="" type="checkbox"/> Irritation イライラ
<input checked="" type="checkbox"/> Dizziness めまい	<input checked="" type="checkbox"/> Severe palpitations 動悸が激しい
<input checked="" type="checkbox"/> Nausea/vomiting はきけ・嘔吐	<input checked="" type="checkbox"/> Disappearance of fetal movements that used to be felt 今まであった胎動を感じなくなったとき
<input checked="" type="checkbox"/> Severe anxiety 強い不安感	



Maternity Mark マタニティマーク

The Ministry of Health, Labour and Welfare promotes the creation of a pregnancy-friendly environment by the Maternity Mark system.

厚生労働省では、マタニティマークをとおした「妊産婦にやさしい環境づくり」を推進しています。

