

Table 1 Recommended maternity care and its frequency based on Iranian Ministry of Health maternity care protocols

Recommended maternity care	Frequency ^a
<i>Health-care services</i>	
Care services	6
General practitioner visits	1-3
Dentist visits	1-3
<i>Clinical examination</i>	
Blood pressure measurements	6
Body weight measurements	6
Fetal heart checks	5
Fundal height measurements	5
Feet examinations to assess oedema	6
Body temperature measurements	6
Respiration rate measurements	6
Pulse rate measurements	6
Eye examinations	2
Vaginal bleeding assessments	6
High-risk pregnancy assessments	6
<i>Received education in pregnancy</i>	
High-risk pregnancy education	6
Drug allergies education	6
Nutrition and supplements education	6
Individual hygiene education	6
Mental and sexual health education	2-3
Safe delivery education	2-3
Breastfeeding education	2-3
Neonatal risk factor and care education	2-3
Oral health education	2-3
<i>Supplements received</i>	
Ferrous sulfate (iron)	5
Multivitamins	5
Folic acid	4
<i>Para-clinical examinations</i>	
Blood tests	2
Urine tests	2
Ultrasound examination	2-3

^aFrequency during 9 months of maternity care.