

Table 2 Antenatal Care (ANC) schedule during COVID-19 based on WHO recommendation (3)

Visit	Method	Principles
12 weeks	Face to Face	Comprehensive history and plan for care Blood Pressure Blood tests Ultrasonographic Standard (USS) – where available Initial risk assessment
20 weeks	Remote contact	ongoing risk assessment
26 weeks	Remote contact	ongoing risk assessment
30 weeks	Face-to-Face	Blood Pressure Blood tests Abdominal Palpation including Fetal Heart Rate (FHR) measurement Ongoing risk assessment Birth planning
38 weeks	Remote contact	Unless risk factors for hypertension in pregnancy or growth restriction identified previously
40 weeks	Face-to-Face	Blood Pressure Blood tests Abdominal Palpation including fetal Heart Rate (FHR) measurement Ongoing risk assessment Birth planning