In case of doubts, call:
"Hello, mother" (only in portuguese)
08002000202 (free)
Attends on Monday to Friday, from 8 a.m. to 10 p.m.; and on Saturday, from 8 a.m. to 3 p.m.

If your right of prenatal care is not respected, search for the health service manager or call the Regional Health Coordination or the ombudsman.

Pregnant Women Immigrants and Refugees

Information and contacts:

Regional Health Coordination Center:
3107-1816 / 3101-7727 - Sê

Regional Health Coordination West:
Butantã, Lapa, Pinheiros
3073-1178 / 3073-1347 -

Regional Health Coordination East:
Cidade Tiradentes, Ermelino Matarazzo, Guaianases, Itaim Paulista, Itaquera, São Mateus, São Miguel.
3397-0931 / 3397-0933 / 3397-0934 / 3397-0935

Regional Health Coordination North:
Casa Verde / Cachoeirinha, Freguesia / Brasilândia,
Jaçanã / Tremembé, Perus, Piritauba, Santana/Tucuruvi,
Vila Maria/Vila Guilherme.
2224-6800

Regional Health Coordination Southeast:
Aricanduva / Formosa / Carrão, Ipiranga, Jabaquara,
Mooca, Penna, Vila Mariana, Vila Prudente, Sapopemba,
2591-3011 / 2215-3147

Regional Health Coordination South:
Campos Limpo, Capela do Socorro, Cidade Ademar, M’Boi Mirim, Parelheiros, Santo Amaro.
2075-1200 / 2075-1140 / 2075-1146
Or visit: prefeitura.sp.gov.br/saude
Or call for free 156 (only in portuguese)
Prenatal care is a right of all immigrants and refugees women in Brasil because the Sistema Único de Saúde –SUS (Unified Health System) is public, free and guarantee the universal access.

In São Paulo, the Mother Paulistana Protection Network, also Rede Cego-nha (Stork Network), is one of the strategies of SUS to assist the mother during the pregnancy cycle, from the pre-natal appointments, childbirth, the postpartum period until the baby’s second year of life.

IF YOUR PREGNANT...

It's important to initiate the prenatal care early (before 3 months pregnant) and go monthly to the appointments.

In all appointments are evaluated:

- Blood pressure
- The size of the belly
- Mother's weight
- And listen to the baby's hearth

Some of the tests ordered during pregnancy are: blood typing, serology for toxoplasmosis, blood glucose, serology for HIV, syphilis, hepatitis, urine and faeces and ultrasound. Ask about vaccination, promoting breastfeeding and natural childbirth.

Natural childbirth is very important, because there are numberless benefits to women's health (faster recovery, less risk of infection and bleeding) and child's health (Easier breast-feeding and affective bond).

Try to know the hospital where you are going to have your baby, the health service (UBS) may give you the adress.

Another option are the Birthing Houses:
Casa de Parto Ângela
(11) 5852-5332
Casa de Parto Sapopemba
(11) 2702-6043

YOU THINK THAT YOUR PREGNANT, WHAT TO DO?

The woman with suspected pregnancy should seek the nearest health service (UBS) of your home, work or school and do a pregnancy test, for free. If the pregnant is confirmed, should be registered in the program.
To sign up, the SUS card is made in the UBS.

The pregnant woman has the right to the presence of her husband or a person of her trust during all prenatal appointments, birth labor and the childbirth.

CARES FOR WOMEN DURING PREGNANCY

Try to keep a balanced diet to avoid excessive weight gain (ideally gain 1 kg / month), avoid eating candies, food with excess carbohydrates (pasta), fried food and processed food.
Prefer eating more fruits, vegetables, soy, fish, rice and beans. Perform physical activity, even something like walking regularly.