



Government of the Republic of Trinidad and Tobago  
Ministry of Health

# What is Antenatal or Prenatal care?

Antenatal or prenatal care, commonly referred to as maternity care, is the care women receive during their pregnancy with the help of a healthcare professional.

It is strongly recommended that women be in the best of health before planning a pregnancy and begin their antenatal care as soon as they find out they are pregnant.

The World Health Organization recommends at least eight (8) antenatal visits during pregnancy.



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