

Pregnancy Report & Prenatal Checkups



When becoming pregnant, submit a notification of pregnancy to a Health and Welfare Center (public health center) and you will receive a Maternal and Child Health Handbook. Keep this handbook, as it is used to record important data such as the course of your pregnancy and your child's growth and development, and is used as a reference for your child's physical examination when entering elementary school. Health and Welfare centers also provide various health services for expectant mothers and infants.

See MORE

- Living in Fukuoka <http://www.fcif.or.jp/en/en-information/living/pregnancy-and-birth/>
- Maternal and Child Health Handbook (Ministry of Health, Labour and Welfare) <https://sukoyaka21.mhlw.go.jp/useful-tools/thema3/>

1. Notification of Pregnancy and Issuance of Maternal and Child Health Handbook

- When you find out that you are pregnant, promptly report the pregnancy to the municipality in which you live.
- The municipality will provide the following to those who have notified them of their pregnancy.

1. Issuance of Maternal and Child Health Handbook (boshi kenko techo) (in Japanese) *If you are registered as a foreigner in Fukuoka City, you will be issued a foreign language version for free upon request.
2. Issuance of medical examination tickets or subsidy coupons for pregnant women who can receive health examinations at public expense.
3. Health Consultation by public health nurses and midwives
4. Classes for expectant mothers and fathers

2. Health Checkups for Pregnant Women

- Please visit your doctor or midwife for periodic health checkups and receive advice on how to take care of your health.
- Pregnancy health examinations should be taken at the following frequencies.

1. Once every 4 weeks from early pregnancy to 23 weeks
2. Once every 2 weeks from 24 to 35 weeks
3. Once a week from 36 weeks to childbirth

3. Health Consultation by Public Health Nurses and Midwives

Public health nurses and midwives will come to your home and offer advice regarding pregnancy, childbirth, and childcare.

4. Classes for Expectant Mothers and Fathers

Municipalities offer classes on pregnancy, childbirth, childcare and nutrition for expectant mothers and fathers.