

5. Breastfeeding support and initial neonatal care

Once discharged from the hospital, go with your child to your **family council center** or the **SAMIFO Center**. Bring all the documents you received at the hospital. The doctor or midwife will provide useful guidance on what to do in the first days with the newborn and the proper breastfeeding support.

6. Post-birth check-ups

At the hospital or through the pediatrician, you will receive prescriptions for the health checks for the newborn. These include: **hip ultrasound, neonatal ECG, general clinical check-ups, vaccinations**. These tests and check-ups are free. If they do not directly give you an appointment for them, you will need to book them independently at the CUP.



7. Postpartum gynecological visit

It is important to do a **follow-up gynecological visit** within 6-8 weeks after childbirth. The visit is meant to monitor your physical health and well-being after giving birth.

The visit can be done for free at your **ASL, family counseling center, or at the SAMIFO Center**.



I'M PREGNANT, WHAT SHOULD I DO?



Administrative and health steps to follow

*Donne in cammino
dalla resilienza all'autonomia
sul territorio di Roma*

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1. First medical visit and monitoring process during the pregnancy

After taking the pregnancy test, schedule your **first gynecologic appointment**.

Call the CUP (069939) with your **doctor's prescription**, or go to a **family counseling center** from the ASL you chose or to the **SAMIFO Center**.

The gynecologist will ask you questions about your health, take your weight and blood pressure, and prescribe all the tests to be done. You will be given an appointment for the next visit, once per month, to monitor the pregnancy. You will need to choose the hospital where you will give birth, and the gynecologist will provide you with a series of tests and analyses. You should bring the results with you for the obstetric visit at the hospital.

2. Birth preparation support

At the **SAMIFO Center**, in addition to visits with the gynecologist, you can participate in childbirth preparation **meetings** to receive useful information about pregnancy, childbirth in Italy, and initial neonatal care. You can also receive information about **childbirth preparation courses** and psychological support in **family counseling centers**.

3. Registration of the newborn and request for the Codice Fiscale (Tax Code)

After the birth, you need to **register the newborn at the registry office** (anagrafe). The **registry office** is located within the hospital. Ask the staff for their hours and how to contact the staff center. After registration, your **birth certificate** will be issued. With this document, you will need to make an appointment at the **Agenzia delle Entrate** to obtain the newborn's codice fiscale. The tessera sanitaria will arrive a few days later at the residence address you provided.



4. Registration with a free-choice pediatrician

After obtaining the newborn's fiscal code (codice fiscale), you need to **register with the pediatrician of choice**. The pediatrician is the reference doctor for your child until the age of 14.

The pediatrician's choice can be made through the **ASL** portal or by going directly to CUP desk from your **ASL**.

