

Standard Operating Procedures (for ANC visits)

Follow these steps in every ANC visit: (A minimum of 4-8 ANC visits is recommended)

1. ANC Services

-  Greet the woman warmly by her name.
-  Greet her accompanying family member to join the session with permission of the woman.
-  Register her as per regular ANC protocols (maternal health register /record book).
-  Ask her how she is feeling.
-  Obtain history and conduct physical examination as per regular ANC protocols. (Confirm pregnancy - if needed).
-  Measure and record weight, height, blood pressure, haemoglobin and other parameter measurements as per regular ANC protocols.
-  Assess anaemia* status as per regular ANC protocols.
* If anaemia is suspected, follow recommended anaemia management protocol depending on severity.
-  Identify high-risk pregnant women and proceed with appropriate referral and management.

2. Preventative MMS

2a. Provision of MMS bottle

-  Introduce MMS. Use key messages on "MMS Calendar".
-  Dispense the 1st MMS bottle (100-count; 3-months' supply).
-  Discuss how to remember to take MMS daily throughout pregnancy.
-  Explain and provide the MMS Calendar.
-  Explain MMS safety and discuss possible minor side effects and management.
-  Discuss how to explain MMS to her family members (like husbands) and offer the "DHO letter".
-  Ask if she is comfortable taking MMS daily and reassure.

2b. Follow-up ANC Visit

-  Verify previous receipt of MMS bottle.
If she did not receive an MMS bottle at a previous ANC visit: Follow steps for "2a. Provision of MMS bottle".
If she received her MMS bottle at a previous ANC visit, follow the steps below:
-  Ask about her experience with MMS.
-  If she has challenges with MMS, address them using the 'MMS Advice Tool'.
-  Ask about her MMS adherence.
-  Verify previous receipt of the MMS calendar.

If she received her MMS Calendar: Further review and discuss MMS adherence using the MMS Calendar.

If she had NOT received her MMS Calendar: Explain and provide the MMS Calendar.

-  If her MMS supply is low (and she will run out before her next ANC visit or delivery), provide 2nd MMS bottle.

3. Counselling

-  Counsel the woman on the importance of continuing her routine ANC visits (even if her MMS supply has not run out yet).
-  Provide nutrition education and counselling on a healthy balanced diet with emphasis on iron-rich foods (as per existing local ANC protocols).
-  Ask her if she has questions or concerns and address them respectfully and patiently (similarly for accompanying family members).
-  Remind her to bring her MMS bottle and MMS Calendar to each ANC visit to help support adherence.
-  Ensure she has a plan to take MMS daily when she leaves the ANC session.
-  Remind her to come to you for any questions or concerns.
-  Thank the pregnant woman and accompanying family member.



For every pregnant woman who attends ANC, record in maternal health register/record book as per regular ANC protocols and complete HF-Form 3 or LHW-Form 1, regardless of if she receives IFAS or MMS.

Scenario 1

I am feeling discomfort and side effects.

If experiencing nausea or other side effects, some women find it helps to take MMS with food or before bed. These side effects are usually temporary. Taking MMS daily is important for your health and your baby's health.



Scenario 2

I am worried if MMS is Halal.

I can assure you, MMS is Halal certified.



Scenario 3

My family said not to take MMS.

It is normal for family members to be concerned about a new supplement. We are available to discuss their concerns. Some women find it helpful to share this letter from the DHO that explains the safety and value of MMS. Is there anything that I can do to help?



Scenario 4

I feel well. I don't need to take MMS.

Even if you feel well and strong, you still need to take MMS every day. MMS provides small doses of micronutrients that should be taken every day to support your pregnancy and your baby's health and development over the entire pregnancy.



Scenario 5

I am busy and keep forgetting.

Many women find it helps to link taking their MMS tablet with a daily routine. For example: after a prayer, with a meal, or before bedtime.



Standard Operating Procedures (SOP)

Guidelines for the use of Multiple Micronutrient Supplementation (MMS) for preventative antenatal care services in public healthcare system.



1.4 mg	Vitamin B1
1.4 mg	Vitamin B2
1.9 mg	Vitamin B6
2.6 µg	Vitamin B12
5 µg	Vitamin D
10 mg	Vitamin E
800 µg	Vitamin A
70 mg	Vitamin C
18 mg	Niacin
400 µg	Folic Acid
15 mg	Zinc
2 mg	Copper
65 µg	Selenium
150 µg	Iodine
30 mg	Iron



Table 1. Vitamin and mineral composition of one tablet of MMS

United Nations International Multiple Micronutrient Antenatal Preparation (UNIMMAP) formulation

What is MMS?

- A safe supplement for pregnant women to help support a healthy pregnancy and a healthy baby.
- It helps prevent anaemia and decrease the risk of baby being born too small or too early.
- It has 15 vitamins and minerals in one tablet, including iron and folic acid (see Table 1).

How to take MMS?

A pregnant woman should take one MMS tablet daily throughout her pregnancy, starting as early as possible.



Abbreviations: ANC: Antenatal Care; HF: Health Facility; LHW: Lady Health Worker; MMS: Multiple Micronutrient Supplementation; SOP: Standard Operating Procedures; UNIMMAP: United Nations International Multiple Micronutrient Antenatal Preparation

