Maternal mortality has remained high especially in Sub-Saharan Africa with 536,000 deaths annually. One of the main challenges is access to maternal health services. This study aims at assessing whether mobile telephone will improve uptake of selected maternal health services by expectant mothers in Njoro Division, Nakuru. A total of 397 women were recruited between April 2012 and January 2012. One group of 191 women was routinely given prompts and advice about their health and scheduled visits while the control group of 206 women did not receive mobile follow up. The results show 7.4% of those followed up had less than 4 antenatal visits while 18.6% of those not followed up had less than 4 visits P value 0.002. There was significantly higher proportion of women on follow up who received diet and place of delivery counseling, malarial prophylaxis, Iron and Vitamin supplements and deworming drugs. There was however no difference in those who received tetanus toxoid and HIV counseling. 88.0% of the cases on follow up gave birth in a hospital as compared to 72.8% of those in control group. Women provided with mobile telephone support are more likely to follow the scheduled antenatal advice and use the services as recommended than those who do not receive any support. Mobile telephone should be incorporated in client follow up, advice, and management as this will significantly enhance antenatal service utilization and skilled birth attendance. It also will increases health provider contact with client.