

Warning Signs During Pregnancy

Call your perinatal health care provider if you have:

- Contractions every 5 minutes or less for 2 hours that you cannot walk or talk through
- A gush or leak of water from your vagina
- Bleeding or spotting from your vagina (it can be normal to have some light spotting after a vaginal exam or sex)
- Pressure in your rectum or vagina
- Sharp pain in your belly or a contraction that does not go away
- Fever of 100.4°F (38°C) or higher
- Nausea or vomiting that will not go away
- Feeling that something is not right
- A decrease in your baby's normal movements



Call your provider if you have a fever of 100.4°F (38°C) or higher.

After 28 weeks of pregnancy, your baby should move at least 10 times in a 2-hour period every day (see the handout "Fetal Movement").

- Swelling of your hands, face, or feet
- A bad headache that will not go away after resting or taking acetaminophen (Tylenol)
- Blurred vision or seeing spots in your eyes
- Sudden weight gain
- Pain in your right upper abdomen
- Pain or burning when you urinate (pee)
- Feeling like you cannot urinate when you need to or feeling like your bladder will not empty all the way
- Contact with someone who has measles, German measles, or chicken pox (if you have never had these illnesses and have not been vaccinated for them)
- Flu-like symptoms: sore throat, fever higher than 100.4°F (38°C), body aches, chills, cough, nasal congestion, headache, loss of appetite, fatigue, and weakness

QUESTIONS?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Maternal and Infant Care
Clinic: 206-598-4070

Labor and Delivery:
206-598-4616