

## Warning Signs During Pregnancy

### *When to call*

**Call your healthcare provider right away if you have any of these warning signs.** Noticing and dealing with problems early can often lower risks for you and your baby.

### Your Body's Warning Signs

- Bleeding or spotting from your vagina
- A gush or leak of water from your vagina
- Uterine cramping or tightening 6 or more times an hour if you are less than 37 weeks pregnant
- Symptoms of preterm labor:
  - Menstrual-like cramping
  - Dull, low backache
  - Pelvic pressure or heaviness
  - Intestinal cramping, with or without diarrhea
  - Increase or change in the character of vaginal discharge
  - General feeling that “something is not right”
- Sharp, constant pain in your belly
- Fever over 100.4°F (38°C)
- Nausea or vomiting that will not go away
- Possible signs of *pre-eclampsia* (high blood pressure), usually after 20 weeks of pregnancy:
  - Sudden swelling of your face, hands, or feet
  - Constant bad headache that will not go away after resting, taking acetaminophen (Tylenol), and drinking water
  - Blurred vision, flashes of light, or spots in front of your eyes



*Call your healthcare provider right away if you have cramping or any other warning signs.*

- Pain or burning (or both) when you urinate
- Contact with someone who has measles, German measles, chicken pox, or other illnesses you are concerned about, if you have never been vaccinated or had these illnesses

### **Your Baby's Warning Signs**

Also be aware of how your baby is moving, and call your healthcare provider if you notice a decrease in your baby's normal movements and activity. Starting at 28 weeks of pregnancy, your baby should move at least 10 separate times in a 2-hour period every day.

#### **Questions?**

Your questions are important. If you have questions about warning signs during pregnancy, call your healthcare provider during office hours.

When your provider's office is closed, call your Labor & Delivery unit.