

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 pre-term 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
- 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



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

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.

