

Danger Signs of Pregnancy

- Any bleeding from the vagina, no matter how slight.
- Swelling or puffiness of the face or hands, or severe swelling of the legs.
- Severe or continuous headache.
- Dimness or blurring of vision.
- Severe or continuous pain in the abdomen (belly).
- Severe or continuous vomiting.
- Chills or fever.
- Pain or burning with urination.
- Sudden escape of fluid from the vagina.
- In the second half of pregnancy, if the baby (fetus) moves less than you are used to, or stops moving.



SIGNS OF PRETERM LABOR (BEFORE 37 WEEKS)

- Contractions 4 or more times an hour
- Menstrual like cramps
- Low backache – dull ache
- Pelvic Pressure
- Increase or change in vaginal discharge
- Abdominal cramping and/or spotting
- A general feeling that something is not right

(Continued on back)

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HOW TO CHECK IF YOU ARE HAVING CONTRACTIONS

- With your hand on top of the uterus, bounce your fingers to feel for tightening or hardening followed by softening. (contractions)
- If the uterus is soft and you can easily press in with your fingers, this is not a contraction.
- Count how many times you have contractions in an hour and call your doctor or midwife if 4 or more x/hour.

IF ANY OF THESE SIGNS SHOULD OCCUR, CONTACT YOUR DOCTOR OR NURSE MIDWIFE IMMEDIATELY OR GO TO THE EMERGENCY ROOM.

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