

WARNING SIGNS IN PREGNANCY

Headache that won't go away

- Feels like the worst headache of your life
- Lasts even after treatment
- Starts suddenly
- Throbs on only one side of your head above your ear
- Blurred Vision or dizziness



Dizziness and Fainting

- You faint or pass out
- Dizziness and lightheadedness that is ongoing, or comes and goes over many days.
- You experience a gap in time of which you have no memory



Thoughts of hurting yourself or your baby

You may think about hurting yourself because:

- You feel very sad, hopeless, or not good enough
- Feel like you have no control of your life
- Feel extremely worried all the time

You may think about hurting your baby and/or have scary thoughts that come when you don't want or are hard to get rid of



*If you feel out of touch with reality (you see or hear things that other people don't), or if family/friends are worried about your safety or that you might hurt others, get help now.

Changes in your vision

- You see flashes of light or bright spots
- You have blind spots or you can't see at all for a short time
- Your vision is blurry, you can't focus, or you are seeing double



Fever

- You have a temp of 100.4 degrees or higher
 - Diarrhea, nausea, or vomiting
 - Severe belly or back pain
 - Trouble urinating
 - Vaginal discharge that smells bad



Trouble breathing

- You feel short of breath suddenly or over time
 - like you are unable to get enough air in your lungs
- Your throat and/or chest feels tight
- You have trouble breathing when you are laying down flat, such as needing to prop your head with pillows to sleep



Chest pain or fast beating heart

- You have chest pain, such as:
 - A feeling of tightness or pressure in the center of your chest
 - Pain that travels to your back, neck, or arm
- You have a change in your heartbeat, such as:
 - A fast heartbeat or a pounding in your chest
 - An irregular heart rate or skipped heartbeats
- You feel dizzy, faint, or disoriented



Severe belly pain that doesn't go away

- You have a sharp, stabbing, or cramp-like belly pain that does not go away
- Your belly pain starts suddenly & is severe, or gets worse over time
- you have severe chest, shoulder, or back pain



Severe nausea & throwing up

- You feel severely sick to your stomach (nauseous) beyond the normal queasy feeling and throwing up that many moms have in early pregnancy
- You are unable to drink for more than 8 hours or eat for more than 24 hours
- You throw up and can't keep water or other fluids in your stomach

You have:

- A dry mouth
- Headaches
- Confusion
- Fever
- Dizziness or lightheadedness



Baby's movements stop or slow

- You feel that your baby has stopped moving or is moving less than normal

*There is no specific number of movements that is considered normal, a change in your baby's movement is what is important.



Vaginal bleeding or fluid Leaking

- You have any bleeding from your vagina that is more than spotting – like a period
- You have fluid leaking out of your vagina
- You have vaginal discharge that smells bad



Swelling, redness, or pain of your leg

- You have swelling, pain, or tenderness in your leg – usually your calf or in one leg:
 - It may or may not hurt when you touch it
 - It may hurt when you flex your foot to stand or walk
 - The painful area can also be red, swollen, and warm to the touch
- You have pain, tenderness or in swelling in your arm, usually on just one side of your body



Extreme swelling of your hands or face

- Swelling in your hands makes it hard to bend your fingers or wear rings
- Swelling in your face makes it hard to open your eyes all the way – they feel and look puffy
- Your lips and mouth feel swollen or you have a loss of feeling

*This swelling is not like the usual slight swelling that most moms have during pregnancy, especially during the last few months of pregnancy.



Overwhelming tiredness

- You are suddenly very tired and weak, not like chronic fatigue
- You don't have enough energy to go about your day
- No matter how much you sleep, you don't feel refreshed
- You feel so tired that you don't get up to take care of your baby
- You feel sad after having your baby



Call your midwife if any of these symptoms occur. If after business hours call the emergency line and go straight to the hospital.

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