

Pregnancy Warning Signs

Signs and symptoms to report to your provider

Report any of the following signs or symptoms to your provider at any time in pregnancy:

- Vaginal bleeding or spotting
- Abdominal pain that does not go away with rest or bowel movement
- Pain or burning with urination
- Chills or fever over 100° F
- Persistent vomiting
- Decrease in fetal movement (baby not moving or a significant decrease in how often moving around)
- Severe or continuous headache
- Seeing spots, flashing lights or other visual changes
- Pain in upper right abdomen

Check to see if you have contractions

- Lie down and gently feel the entire surface of your lower abdomen with your fingertips. Normally, you should be able to easily press your fingertips into your abdomen. During a contraction, you should feel a firm tightening across the entire lower abdomen and not be able to indent your fingertips as easily. Feelings of tightness may or may not be painful.
- If you have more than four contractions in an hour, lie on your side and continue to monitor contractions. If they continue, or if you have more than four in the next hour, contact your provider especially if you are three weeks or

more from your due date. You may have preterm contractions or preterm labor.

Warning signs of preterm labor

Notify provider right away if these signs occur three weeks or more before your due date:

- Contractions that are more than 4 an hour
- Menstrual-like cramps with or without diarrhea
- Low backache
- Pressure that feels like baby is pushing down
- Your water breaks
- Sudden increase in vaginal discharge

Check how often baby moves

Babies will move around day and night. Be aware of how often your baby moves. Pick a time that your baby is active and sit down quietly to count how often the baby moves. It usually takes about two hours for the baby to move 10 times. If the baby does not move that often or is moving less often than usual, contact your doctor.

1. ____
2. ____
3. ____
4. ____
5. ____
6. ____
7. ____
8. ____
9. ____
10. ____