

PROBLEMS IN PREGNANCY

Most women who are healthy before they become pregnant will stay healthy during pregnancy. If a problem happens, there is usually some warning. Please call your Doctor, Nurse Practitioner, or Labor and Delivery if you experience any of the following symptoms:

BLEEDING

Any bleeding that occurs after your pregnancy is confirmed should always be reported to your Doctor or Nurse Practitioner immediately, no matter how small the amount. Do not put anything in the vagina to stop the bleeding.

PRE-TERM LABOR

Labor that begins before 37 weeks of pregnancy is called Pre-term labor. Stopping or preventing pre-term labor will greatly improve your baby's chance of surviving and being healthy. Signs of Pre-term labor include:

- Contractions at regularly timed intervals, lasting at least one hour. Contractions may or may not be painful.
- Pain in the lower abdomen or thighs that comes and goes.
- Cramping in the intestines, with or without diarrhea or Heartburn (indigestion).
- Change in your usual vaginal discharge.
- Need to urinate more often or pain when urinating

What you can do:

- Empty your bladder, even if you do not feel like you need to urinate.
- Lie down and rest on your side.
- Drink several large glasses (8-12 oz size) of water.

IF SYMPTOMS DON'T GO AWAY WITHIN 30 MINUTES:

Call your Doctor, Nurse Practitioner, or Labor and Delivery.

IF YOU ARE BLEEDING FROM YOUR VAGINA:

Come to Labor and Delivery Right away

RUPTURE OF MEMBRANES (BAG OF WATER BREAKS)

If your water breaks, you will probably feel a gush of liquid from your vagina. You will not be able to stop this fluid from leaking. If you think your water has broken you should come to the hospital, as the protection that keeps infection out of the uterus and away from the baby is removed. To help prevent infection, do not place anything inside the vagina. This includes tampons or having sex. Once the water breaks, you will probably go into labor.

LABOR

True labor is: cramping or pains in the abdomen/back occurring at REGULAR intervals, increasing in strength and frequency, unrelieved by rest or fluids. If you think you may be in labor, call your doctor or Labor & Delivery.

PRE-ECLAMPSIA (TOXEMIA)

Pre-eclampsia is a condition that happens only in pregnancy. Women with Pre-eclampsia get protein in their urine, swelling in their face or hands and their blood pressure can get dangerously high. If not caught and cared for, your baby may be at risk for poor growth, not getting enough oxygen, and possibly, death.

You are also at risk for seizures or stroke if Pre-eclampsia isn't treated. Signs that may indicate Pre-eclampsia are:

- Sudden unexplained weight gain of more than 1 pound each week during the second and third trimester.
- Serious headaches that don't get better after taking Tylenol.
- Blurry vision or spots before your eyes.
- Constant, serious pain in your upper-right stomach area.
- Periods of blacking out.
- Sudden increase in swelling, especially in your face or hands.
- A decrease in the baby's movements (less than 4 movements in an hour).

BABY'S MOVEMENTS ARE DECREASED

If you are more than 20 weeks pregnant, your baby should move about 4 or more times an hour if it is awake. Because babies may sleep for an hour or so, you may have to wait for these movements. If you notice your baby isn't moving as much as usual, you should urinate to empty your bladder, then sit or lie down somewhere comfortable. Open your top so you can see your belly, then try to feel for movements with your hands. Sometimes having a drink of ice water or juice will help arouse your baby. Wait 1 hour and if your baby doesn't move at least 4 times within this hour, call your Doctor, Nurse Practitioner, or Labor and Delivery right away

URINARY TRACT INFECTION

These infections can cause pre-term labor or could lead to a kidney infection if not properly treated.

Symptoms of bladder infection include:

- Need to urinate more frequently
- Feeling like you need to urinate again even though you just finished.
- Burning when you urinate.
- Pain or discomfort just above your pubic bone. * Blood or a foul smell in urine.
- Fever higher than 101 degrees.
- Lower back pain or crampy, irregular contractions

The above warnings have been reviewed with me, my questions answered, and I have received a copy of these warnings.

Patient signature _____ Date _____

Healthcare worker _____ Date _____

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