



| when to call your doctor |

If you experience any of these symptoms, call your doctor. We offer 24/7 triage services and you should be able to reach a triage nurse at any time.

- **VAGINAL BLEEDING**
- **PAIN:** Severe pain of any type, pain that lasts more than two weeks or pain with fever.
- **URINARY CHANGES:** Burning sensation when you urinate.
- **VISUAL CHANGES:** Blurry vision or other visual changes.
- **UTERINE CONTRACTIONS:** If you are less than 37 weeks pregnant and have more than four contractions in an hour while at rest, first try emptying your bladder, lying on your left side and drinking plenty of fluids. If contractions continue, call your doctor.
- **RUPTURED MEMBRANES (WATER BREAKING):** When your water breaks, it usually feels like a big gush of fluid or a constant trickle of water from your vagina. It can be confused with urine. If you are unsure, call your doctor as this is an important sign of labor.
- **DECREASED FETAL MOVEMENT:** Babies should move on a regular basis, although they do have quiet periods when they are asleep. During the time of day when your baby is normally active, you should feel at least 10 movements or kicks in a two-hour period. If you feel less than that, call your doctor.

The following symptoms are normal, but if you notice changes or symptoms become severe, call your doctor:

- Swelling of your hands, feet or face
- Increased urination
- Shortness of breath (cannot catch your breath)
- Headache

| signs of labor |

Labor usually begins between 37 and 42 weeks. The following are some general signs of labor. Labor can last 6 to 24 hours, sometimes longer. Every labor is different. Call your doctor with any questions.

- **LIGHTENING:** The baby drops lower into the pelvis. This can happen 2 to 4 weeks before labor or during labor.
- **LOSS OF MUCOUS PLUG:** You will lose the plug of mucus that keeps your uterus sealed. This may happen 2 to 4 weeks before labor or during labor. You may not notice it.
- **CONTRACTIONS:** True labor contractions tighten your entire uterus (stomach area). Over time, they get stronger and last longer. They also get closer together. You may have lower back pain or pressure in your lower belly with contractions. As a general rule, you should call your provider after one hour of contractions that are one minute long and five minutes apart.
- **WATER BREAKS:** This can be a big gush of fluid or a small leak. Call your provider if you think your water has broken, even if you aren't sure.

