

Pregnancy Warning Signs

If you experience any of the symptoms below, call your doctor or midwife immediately.

- Fever or chills
- Severe case of nausea or vomiting
- Sudden changes, such as swelling (face or hands) or leaking fluid from vagina
- Dizziness or changes in your vision
- Bleeding from your vagina
- Headaches that are severe or ongoing
- Pain when you urinate
- Pain or cramps in your belly area
- An injury, accident, fall, or blow to your belly
- Decreased and/or absent movement from your baby

Tips for talking to your doctor or midwife about symptoms:

- Be specific, mentioning when you first noticed each symptom, how often it happens, what seems to make it better or worse, and how severe it is.
- Consider writing down some notes before talking to your provider so you can remember everything you wanted to say. You can write notes on your phone, on paper, or whatever works for you!

