



# PREGNANCY CALL INSTRUCTION



## NORMAL (DO NOT CALL)

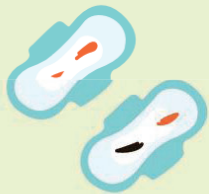
## DO CALL



### AFTER 20 WEEKS OF PREGNANCY ONE OR MORE OF THESE COMPLAINTS



Headache - Vomiting  
 Seeing stars / flashes of light  
 Feeling of a tight band around the head or upper abdomen.  
 Pain in the upper abdomen or between shoulder blades.  
 Suddenly retaining fluid in the face.  
 Tingling feeling in your fingers



Are you losing blood? Always give us a call. A small amount of blood loss can be part of a normal pregnancy and is not a problem.

### BLOOD LOSS



Bright red blood loss

*Tip: Keep your underwear or pantyliner when losing blood*



After 28 weeks a regular and recognizable pattern of movements.

*Tip: You can feel the baby move best, if you lie on your left side.*

### MOVEMENTS OF THE BABY AFTER 28 WEEKS



Less movements of the baby than you are used to.  
 Feeling less than 10 movements in 2 hours when you are sitting / lying down.  
 When you are concerned about the amount or the strength of movements.

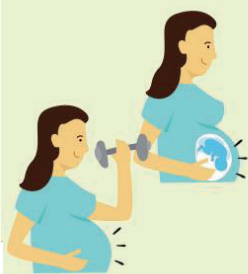


Urinary Discharge, can be more and more watery than usual.

### LOSS OF FLUID BEFORE 37 WEEKS

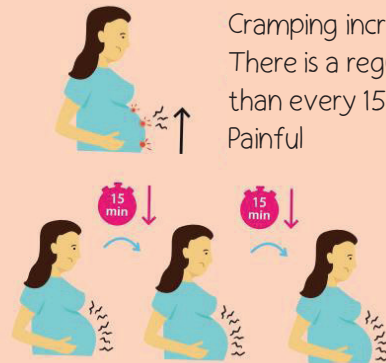


Always wet underwear.  
 Splashes of moisture loss.  
 Green or brown moisture loss



Hard bellies with physical exertion.  
 Hard bellies when the baby moves.  
 Not painful. No regularity

### HARD BELLIES / CRAMPING BEFORE 37 WEEKS



Cramping increases  
 There is a regularity (more often than every 15 minutes)  
 Painful

### CONCERN WORRY



Always call when:  
 - concerned or worried  
 - any questions/ uncertainties about the information you received



**CALL YOUR OBSTETRIC CARE PROVIDER ON THE EMERGENCY NUMBER!!**