Warning Signs During Pregnancy

Finding and dealing with problems early can often lower risks for you and your baby. Here are warning signs to recognize:

- Bleeding or spotting from your vagina.
- A gush or leak of water from your vagina.
- Uterine cramping or tightening 6 or more times per hour if you are less than 37 weeks pregnant.
- Vague signs of preterm labor:
  - menstrual-like cramping.
  - a dull, low backache.
  - pelvic pressure or heaviness.
  - intestinal cramping, with or without diarrhea.
  - an increase or change in the character of vaginal discharge.
  - a general feeling that “something is not right.”
- Sharp, non-stop pain in your belly.
- Fever over 100°F or 38°C.
- Nausea or vomiting that won’t go away.
- Sudden swelling of your face, hands, or feet.
- Continued bad headache that won’t go away after resting and/or taking acetaminophen (for example, Tylenol®).
- Blurred vision or spots before your eyes.
- Pain and/or burning when you urinate.

Call your doctor, nurse, midwife or clinic right away if you have any of the warning signs listed in this section.
Questions?

Your questions are important. If you have questions about yourself, call your obstetric provider during office hours. Clinics are closed 5 p.m. to 8 a.m. and on weekends.

When your provider’s office is closed, call Labor and Delivery: 206-598-4616

- Contact with someone who has measles, German measles, chicken pox, or other illnesses you are concerned about, if you have never been vaccinated or had these illnesses.

- A decrease in your baby’s normal movements and activity. Your baby should move at least 10 separate times in a 2-hour period daily after 28 weeks of pregnancy; see *Pregnancy, Childbirth and the Newborn*, page 57.