

WARNING SIGNS FOR PREGNANT CLIENTS

PLEASE CALL IF YOU HAVE ANY OF THESE SYMPTOMS:

1. VAGINAL BLEEDING: Light spotting is not alarming, but if the bleeding is in excess of a period then you need to call. In severe cases just go straight to the Emergency Department or Labor & Delivery.
 2. ABDOMINAL PAIN: Many women experience a lot of little aches, pains and cramps in pregnancy which can be normal. Any pain within or around the uterus that won't go away, causes severe pain and is accompanied by vaginal bleeding should be checked out immediately. Please call.
 3. CHILLS/FEVER: Any temperature over 101 degrees needs to be checked out ASAP.
 4. FLUID LEAKING FROM VAGINA: Your bag of water around the baby may have broken and it needs to be evaluated immediately. It may be a gush of water or a slow drizzle. Sometimes it may be your bladder leaking by the movement of the baby. It may also be perspiration. Either way call or go to Labor & Delivery if this happens.
 5. NAUSEA & VOMITING: This is experienced by several women in pregnancy. Increasing your protein in take, Vitamin B 6 three times a day, increasing fluids (water), exercising, eating small frequent meals, decreasing your sugar in take and a positive attitude will all help with this problem. If the following symptoms occur after doing the above, please call:
 - a. Persistent headaches that won't go away with Tylenol or rest
 - b. Unable to keep any food or liquid down for 24-48 hrs.
 - c. Feeling weak and not able to accomplish normal daily activities.
 6. PRE-ECLAMPSIA: This is a new word for an old name (Toxemia). This usually occurs in the third trimester if it is going to happen. That is why your OB visits are every two weeks by then. If the following symptoms occur at any time in the pregnancy please call ASAP:
 - a. Severe headaches that won't go away with rest and Tylenol
 - b. Blurred vision or spots in front of your eyes
 - c. Severe heartburn that comes on rapidly and it is not relieved by medication
 - d. Feeling like you just got run over by a semi- truck but you don't have the flu
 - e. There may be other symptoms but these are the most noticeable ones
 7. LOW PELVIC PAIN: You may have bladder infection if you urinate every 5-10 minutes without much urine coming out. You have pain upon urination and a low back and pelvic ache that won't go away with rest, heat or fluids.
 8. SWELLING: You may experience some swelling in pregnancy. Normal swelling (fluid retention) is caused by the pressure of the uterus on the major blood vessels slowing the return of blood to the heart. This causes extra fluid in the blood stream to be pushed into the tissues. Some things you can do to help the S/S or prevent swelling include: Increase you water & protein intake, avoid sitting or standing in one position too long, lie down in either side when possible, wear support hose and avoid salty foods.
- If you feel you have some or all of these symptoms you need to contact me ASAP anytime in your pregnancy. Sometimes it may be nothing and other times it may be serious. If you call I can determine either and can guide you towards the right treatment.