Calling instructions pregnancy

COMMON:		CALL IN THE EVENT OF:	
		If you have one or more of these complaints after a pregnancy term of 20 weeks:	• Headache • Seeing stars/flashes of light • Vomiting • Feeling of tightness around the head or upper abdomen • Pain in the abdomen or between the shoulder blades • Sudden facial fluid retention • Tingling in the fingers
	Blood loss is always a reason for consultation. A small amount of blood loss can occur during a regular pregnancy term.	**Blood loss**	• Clear red blood loss *Tip: Do not dispose of your underwear or pantyliner in the event of blood loss*
	• A regular and identifiable pattern of movements after 28 weeks. *Tip: lying on your left side allows you to feel the movements of the baby best*	**Baby movements after 28 weeks**	• Less baby movements than you normally experience • During relaxation and paying attention, there is less than 10 times movements within 2 hours • Concern about the amount or strength of the movements
	• Urine • Discharge, also when more watery than normal	**Fluid loss before 37 weeks**	• Constantly wet underwear • Continuous small doses of fluid loss • Green/brown fluid loss
	• Prelabour when active or when the baby is moving • Not painful • No regular pattern	**Prelabour/ cramps before 37 weeks**	• Worsening of cramps • There is regularity (every half hour or more frequent) • Painful
		Concern	• Always call if concerned or worried • Any questions on the information supplied

CALL YOUR MIDWIFE CARE WORKER ON THE EMERGENCY NUMBER