



*The following are some signs that would indicate the need to see a health care professional.*

- Severe pelvic or sharp abdominal pain. In early pregnancy, this could be a sign of tubal pregnancy. In late pregnancy, it could be a sign of the placenta separating from the uterus. Both are emergencies and need immediate medical care.
- Fever over 100 F. Fever can be a sign of infection or illness that may trigger premature labor, or infection.
- Vaginal Bleeding. This could indicate miscarriage, placental abruption, placenta previa and you should call your health care provider immediately.
- Continuous vomiting with weight loss and dehydration (The signs of dehydration include: increasing thirst, dry mouth, weakness or lightheadedness, dark urine or a decrease in urination.)
- Headache that won't let up. If you experience an severe headache please contact your health care provider. Also not if your experiencing vision changes, blurry, spotted, or "different" visuals.

- Change in Urination. If you find your- self urinating much less or more, let your health care provider know, they will want to know if it is dark in color, thick or scant.
- Prolonged Nausea and Vomiting, this means that it lasts for longer than the second trimester, or the fourth month. Severe nausea and vomit- ing. This is most likely to occur early in pregnancy. It can also happen be- cause of an illness like the flu. A pregnant woman who cannot eat, drink, or keep anything down is likely to become dehydrated. Dehy- dration can lead to premature labor.
- Edema is swelling on the extremities and trunk. If you develop sudden swelling in the face or hands contact your health care provider.
- Gush of fluid from vagina. This can be amniotic fluid and if before 36 weeks it can signify a potential is- sue. When calling your health care provider you will be asked if there was a color, smell, and if there is any discomfort. This can be your bag of water breaking and can sig- nify premature labor.
- Visual changes, this can include blurred vision, spots, sunspots and anything that is “abnormal” to you.
- Chills. Chills can be a sign of an in- fection.

