

# SIGNS OF CONCERN DURING PREGNANCY



- Visual disturbances: double vision and/or black dots and/or lightning streaks in the eyes
- Swelling of the face or hands or lower limbs (sudden or extreme)
- Unusual, frequent and/or persistent severe headaches
- Muscular irritability and/or seizures /severe cramps
- Acute stomach pain (epigastric)
- Violent and frequent vomiting after 3 months of pregnancy
- Vaginal discharge, fluid or blood or causing burns +
- Itching
- High fever  $> 100^{\circ}$  F with or without shaking
- Burning or pain when urinating  $\approx$  often with contractions. If tendency of urinary tract infection before pregnancy: drink +++
- Severe or unusual abdominal pain. No frequent urination
- Very hard uterus
- Absence of fetal movements after more the 8 hours
- Often dizzy

**If you experience one or more of these symptoms, call your midwife!**