



# 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**