

## When to contact your midwife or obstetrician?

1

Are you worried? contact your midwife



2

Are you bleeding?



3

Do you have a headache, blurred vision or spots before your eyes?



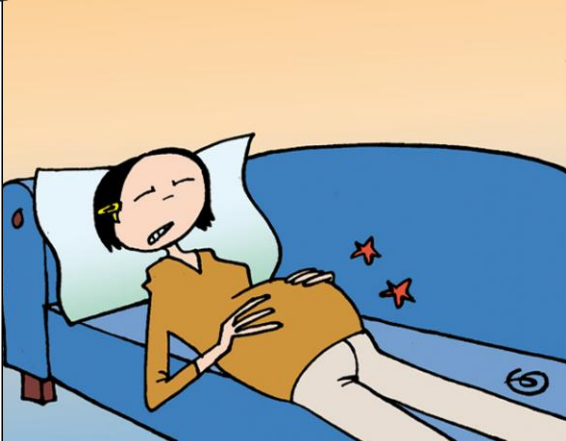
4

Is your baby moving less than usual?



5

Do you have any abdominal pains?



6

Waters breaking (ruptured membranes)?

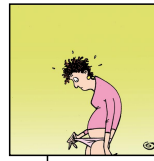


# When to contact your midwife or obstetrician?



Are you worried? contact your midwife

If you are worried about anything, contact your doctor, midwife or hospital, however minor you may think it is; if it is bothering you then you need to speak to someone. It is better to find out it may be a false alarm rather than ignoring problems that could harm you or your baby.



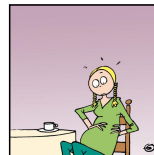
Are you bleeding?

Always get advice for any vaginal bleeding - whether it is a small amount, large amount, dark or bright blood. Contact your midwife or doctor.



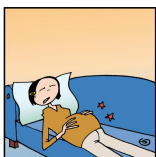
Do you have a headache, blurred vision or spots before your eyes?

Are you more than 20 weeks pregnant and have you a headache that won't go away? blurred vision or spots before your eyes? Swelling in your hands or face, or persistent swelling of your feet? Contact your midwife or doctor. Also if you have a high temperature, feeling dizzy or fainting or vomiting that won't stop.



Is your baby moving less than usual?

Are you more than 26 weeks pregnant and is your baby moving less than usual? Or haven't you felt any movements in the last 12 hours? Contact your midwife or doctor.



Do you have any abdominal pains?

Are you not yet 37 weeks pregnant and do you have any abdominal pains that are not helped by paracetamol or that last more than a couple of hours. Contact your midwife or doctor.



Waters breaking (ruptured membranes)?

If your waters is breaking (ruptured membranes) or any fluid loss from your vagina - please contact your midwife or doctor. Your waters may break at the beginning of labour or before the start of labour. Try to catch some of this water in a cup. Contact your midwife or doctor.

Many women are unsure whether they should contact their midwife or doctor.