

When to contact your midwife or obstetrician?

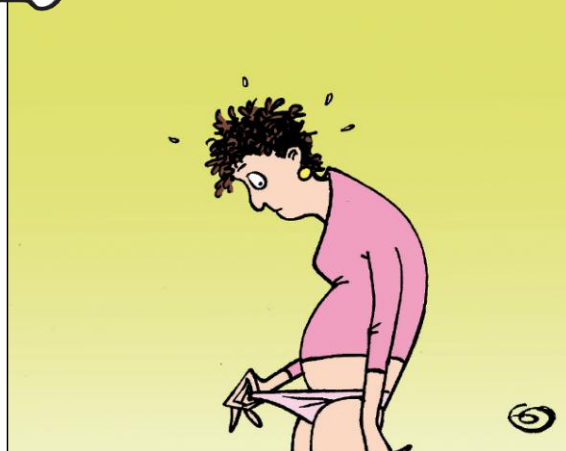
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Are you worried? contact your midwife!



2

Are you bleeding?



3

Do you have a headache, blurred vision or spots in front of your eyes?



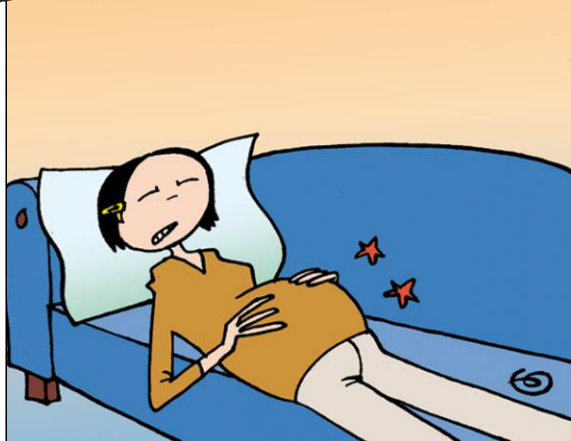
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Is your baby moving less than usual?



5

Do you have any abdominal pains?



6

Waters breaking (ruptured membranes)?

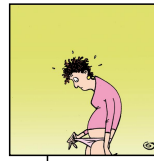


When to contact your midwife or obstetrician?



Are you worried? Contact your midwife!

If you are worried about anything, contact your doctor, midwife or hospital. Because if something is bothering you, 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.



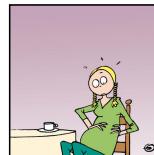
Are you bleeding?

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



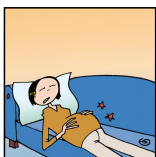
Do you have a headache, blurred vision or spots in front of your eyes?

Are you over 20 weeks pregnant and do you have headaches that won't go away? Do you have blurred vision or spots in front of your eyes? Do you have swellings in your hands or face, or persistent swellings of your feet? Contact your midwife or doctor. Also call them in case of high temperature, if you feel dizzy or if you faint or if you are vomiting and it won't stop.



Is your baby moving less than usual?

Are you over 26 weeks pregnant and is your baby moving less than usual? Or haven't you felt any movements in the last 12 hours? Do not hesitate and 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 water is breaking (ruptured membranes) or if 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. They know what to do and they can help you.