

Possible Emergencies

If you have any of the signs below at any time in your pregnancy report them immediately

- + Change in vaginal discharge such as
 - + Bright red vaginal bleeding, you may have some blood tinged mucous discharge after a vaginal exam, intercourse or when you lose your mucous plug but should not have any bright red bleeding.
 - + a vaginal discharge with a fish-like odor immediately after sexual intercourse.
 - + Leaking or gush of fluid from the vagina. If you think your water has broken, you need to note the time and color of the fluid. There should be no odor to your amniotic fluid and it should be clear. Do not wait for labor contractions to start before coming to the hospital.
- + Persistent severe headaches unrelieved by acetaminophen (Tylenol®)
- + Fever over 100.4 degrees Fahrenheit
- + Visual changes such as bright white spots, loss of sight or blurred vision
- + Severe nausea and vomiting- unable to keep down liquids
- + Inability to keep liquids down that results in a reduced amount of urine
- + Swelling of hands and feet that does not go away with rest
- + Swelling of face, puffiness around eyes
- + Severe abdominal pain or any pain that is constant and does not go away. Contractions are intermittent, not constant. Your uterus should have a resting period between each contraction.
- + Sudden weight gain
- + Decreased fetal movement. If you notice a significant decrease in the number of baby movements, come in for evaluation.

Before 20 weeks call your clinic.

NMCP
757-953-4300

**After 20 weeks or after regular duty hours call the Labor & Delivery
Nurses Station**

757-953-4601/4602