

## Prenatal Concerns/When To Call

Most of the time pregnancy is an extremely healthy time in a woman's life. Infrequently there are some problems that arise. This handout is designed to help you know what signs or symptoms are not healthy or safe during pregnancy. All of the following are rare complications, and some are more serious than others. We want to reinforce that you are encouraged to call us any time if you feel that something is not right, even if it is not on the list.

Please contact us **immediately** if you experience any of the following:

- **Pain or burning on urination**- often a sign of a urinary tract infection (UTI).
- **Pain in your kidneys** (felt in the lower back where your ribs end) - UTI that has progressed to a kidney infection. Lower back pain can also be normal during pregnancy due to the weight of your growing baby. It can sometimes be a sign of preterm labor if it occurs before 37 weeks. We can help you differentiate.
- **High fever** (esp. if above 100.4 and not accompanied by signs of a cold) - could be a sign of a UTI or uterine infection.
- **Signs of premature labor**- cramping or contractions, bloody show, and/or rupture of membranes before 37 weeks gestation.
- **Leakage of amniotic fluid from you vagina before 37 weeks** - Rupture of the membranes is sometimes a gush and sometimes a trickle that doesn't stop. It is important to note the color and odor of the fluid, and if at all possible, save a sample for us to see. Amniotic fluid leakage can be easily confused with involuntary urination, which is common in pregnancy, more abundant and thinner discharge, sweat, and semen.) This can be a sign of labor and necessitates further attention.
- **Vaginal bleeding**- This could be an early sign of labor and normal if you are past 37 weeks gestation. It can also indicate a placental problem. Generally if it is mostly mucous mixed with a little older blood it is usually normal bloody show. If it is just blood or before 37 weeks, then call.
- **Severe abdominal pain**- This could be a concealed placental problem or liver pain, a possible sign of pre-eclampsia.
- **Nausea and vomiting**- This is normal in the first trimester, but can be a sign of pre-eclampsia if after 20 weeks you are experiencing persistent nausea and vomiting that is not a continuation of first trimester sickness.
- **Severe headaches**- possible sign of pre-eclampsia, especially if they are persistent.
- **Blurred vision or spots before the eyes**- possible sign of pre-eclampsia.
- **The baby moving less than usual or not moving**- The baby is most likely sleeping or moving differently due to the decreased space as she/he grows. It can, however, be a sign of fetal distress. It is of particular concern if the baby moves less than 10 times in an hour during an active period. All movements count even if they are smaller than when the baby had more room, but tell us about the kind of movement as well as the number. You do not need to worry about the number of movements before about 28 weeks gestation. If you are concerned, eat or drink something (especially something sweet) and sit quietly with your hands on your abdomen and feel for and record movements.
- **Generally not feeling good or feeling that things are not quite right.**

Please always call the home number first and leave a message and then page me. If I do not call back in 5-10 minutes page me again. Please page me from a land line whenever possible, as pages from cell phones often do not come through completely.

Julia Cell: 510-225-5752

Cindy Home: 510-704-8366

Julia Pager: 510-466-8001

Cindy Pager: 510-446-0302