Call the midwife if you experience any of the following...

- Spotting or light bleeding
- Constant vomiting
- Leaking fluid
- Painful urination
- Persistent severe headache
- Swelling in face, hands or legs
- Contrainctions or cramps
- Itching, especially on hands and feet
- Sharp or continuing abdominal pain
- Pelvic pain
- Blurred vision, seeing spots
- Baby’s movements slow down or pattern changes
- High temperature

Getting help

You will find the number for your midwife and local labour ward on the front of your pregnancy notes

You can also contact your doctor about any of the above symptoms

If your symptoms are severe, or if you have noticed any change or reduction in your baby’s movements, contact your local labour ward immediately

Trust your instincts; if you feel something is wrong, even if it’s not in this list, contact your midwife or doctor

Find out more at tommys.org/pregnancyhub