



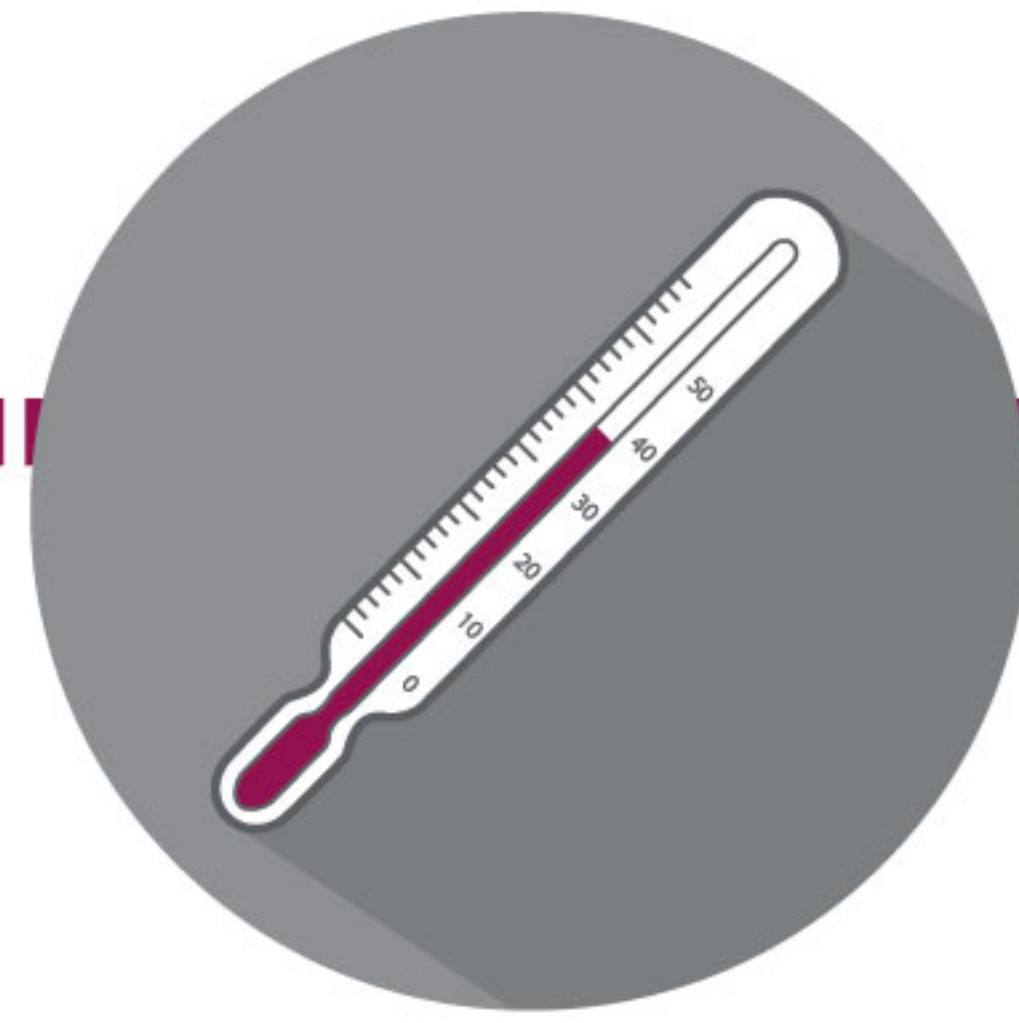
Call the midwife if you experience any of the following...



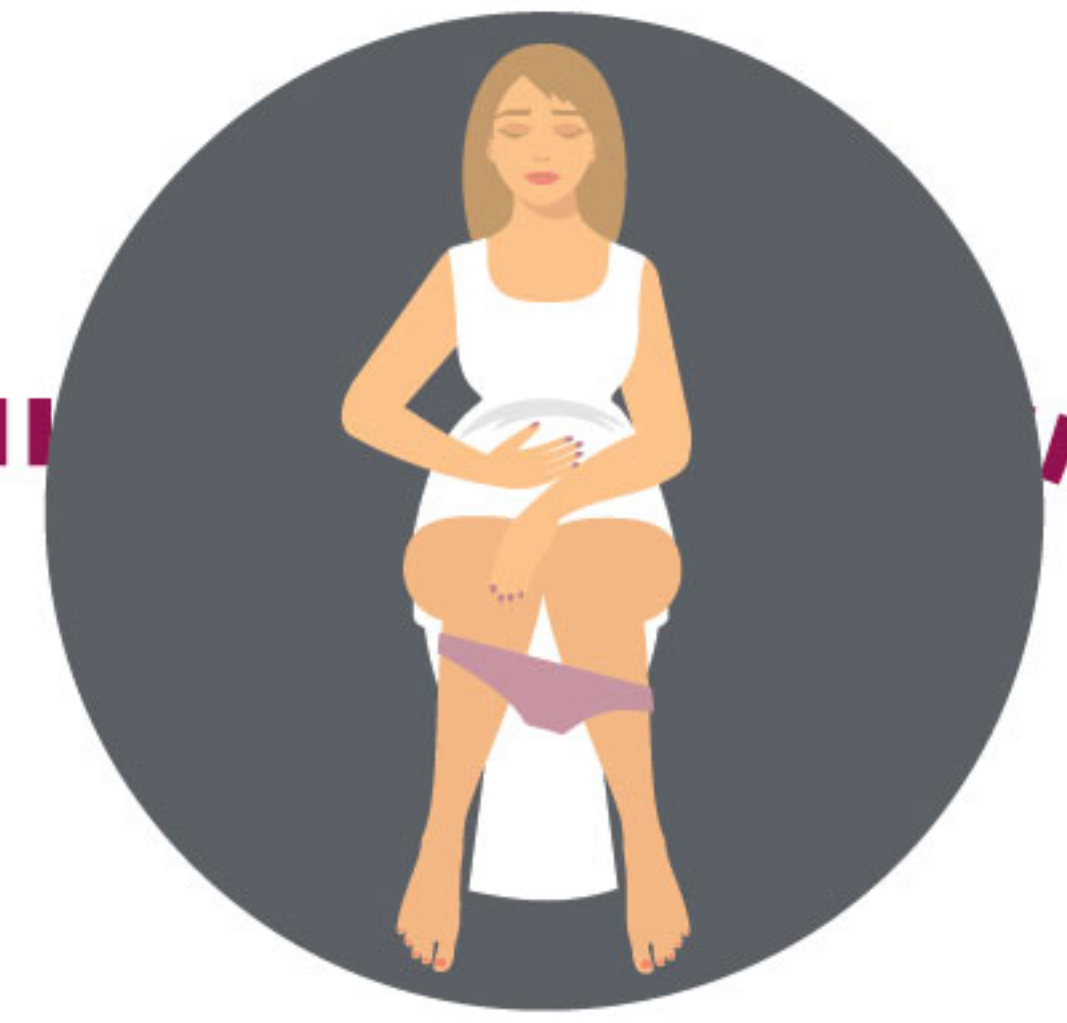
Spotting or light bleeding



Constant vomiting



High temperature



Painful urination



Sudden, sharp, or continuing abdominal pain



Contractions or cramps



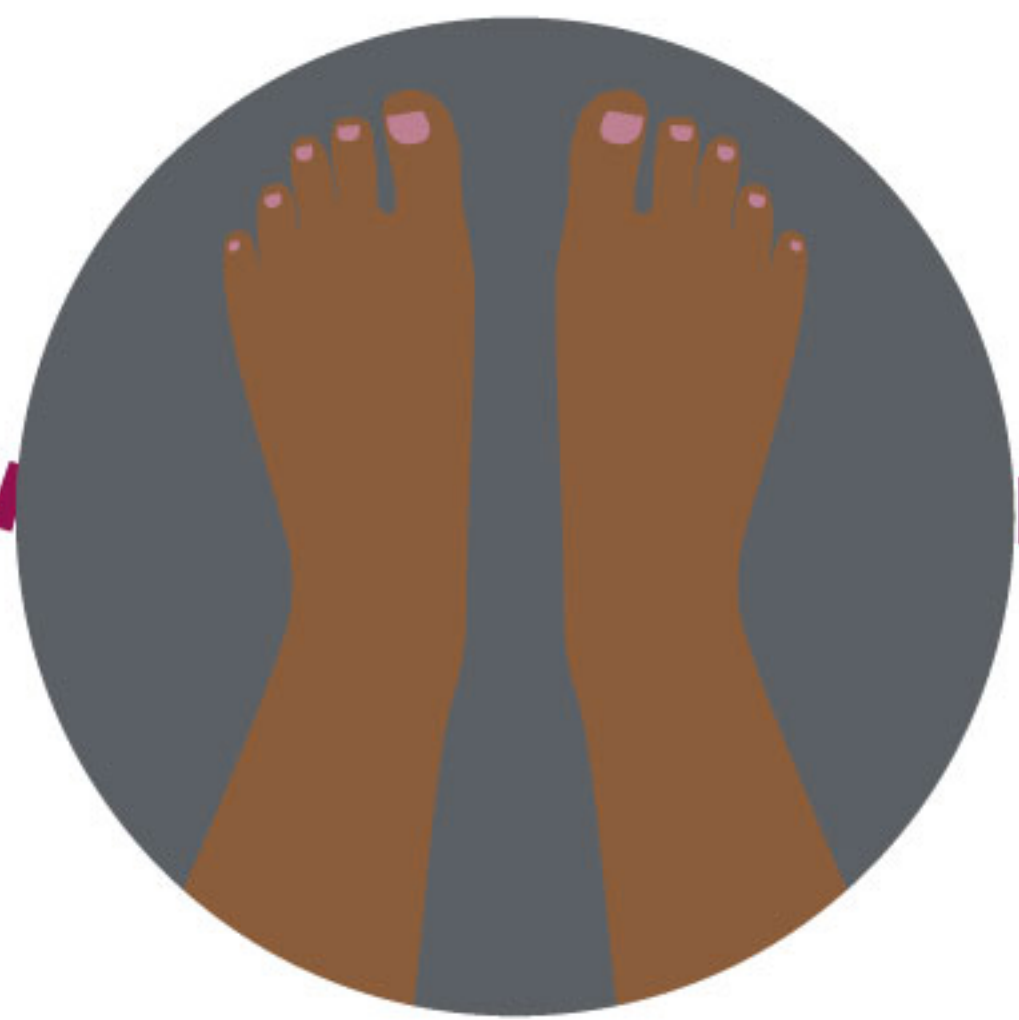
Pelvic pain



Persistent severe headache



Leaking fluid



Swelling in face, hands or legs



Blurred vision, spots in front of eyes



Itching, especially on hands and feet



Baby's movements slow down or pattern changes

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