

Warning Signs Refrigerator Poster

Hang this list of pregnancy warning signs in a prominent place to refer to in case you have any pregnancy problems that need immediate attention.



Healthcare Provider's Phone Number: _____

GENERAL PREGNANCY WARNING SIGNS

- Problems with your vision
- Recurring headaches
- Fever over 100 °F (37.7 °C)
- Sudden swelling in your face or hands
- Vomiting or diarrhea lasting 24 hours or more
- Vaginal bleeding
- Major change in your baby's movement
- Sudden pain in your abdominal area
- Pain or burning during urination (This could be a sign of a urinary tract infection, which poses more risk during pregnancy than at other times. Don't try to self-treat it.)
- Anything else that doesn't seem right (Trust your instincts!)

SIGNS OF PRETERM LABOR (Before 37 weeks)

- Change or increase in vaginal discharge
- Pelvic or lower abdominal pressure
- Constant low, dull, backache
- Mild abdominal cramps (with or without diarrhea) that may feel like persistent menstrual cramps
- Regular or frequent contractions that occur four or more times in one hour (which might be painless)
- Your water breaks in a trickle or gush

Notes: _____
