

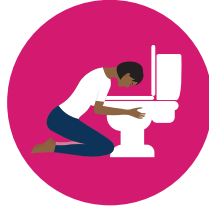


# Call the midwife

if you experience any of the following...



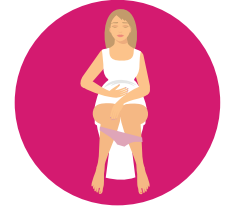
Spotting or light bleeding



Constant vomiting



Leaking fluid



Painful urination



Persistent severe headache



Swelling in face, hands or legs



Contractions or cramps



Itching, especially on hands and feet



Sharp or continuing abdominal pain



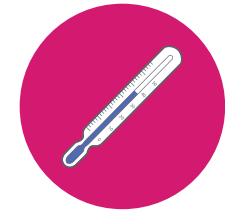
Pelvic pain



Blurred vision, seeing spots



Baby's movements slow down or pattern changes



High temperature

## Getting help



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 these 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

# Tommy's

Reviewed March 2023 | Next review March 2026

Working to save babies' lives and make pregnancy and birth safe for all

WE RESEARCH. WE SUPPORT. WE CARE.