

## **EMERGENCIES**

Call Central Maine OB-GYN IMMEDIATELY at 795-5770 if you have any of the following signs:

- Bleeding from your vagina – unless it is only a small amount of spotting within 12 hours of a vaginal exam or having sexual intercourse.
- Pain – in your abdomen with or without bleeding, nausea or vomiting. when you urinate, or severe continuous pain in your upper abdomen or chest.
- Fever of 100.4 or more.
- Continuous vomiting or nausea that keeps you from holding down food or liquids for 24 hours.
- Continuous headache that is not relieved by rest or normal dose of Tylenol.
- Blurring of vision or seeing spots or flashes.
- Sudden swelling of hands, face and feet.
- If your baby moves less than usual, drink a glass of juice, lie down on your left side and pay attention to the baby's movements. If you do not feel the baby move in 20 minutes, call the Central Maine OB-GYN.
- Gush or leaking of fluid from your vagina.
- Signs of preterm labor; Premature labor, or Preterm labor -is labor that starts before 37 weeks of pregnancy.

Premature labor can be stopped if it is caught early. Signs of premature labor include:

Uterine contractions (5 or more in one hour). This may feel like the baby is “pushing out” or “balling up”, or it may feel like menstrual cramps or a crampy backache.

Pelvic pressure, like the baby is pushing down on your vagina. Change in vaginal discharge, as sudden increase of bloody or watery discharge.

If you have an emergency call Central Maine OB-GYN at once, even at night or on the weekends. The answering service will connect you to the covering physician or midwife.