

When to call your midwife

If you think that you might be going into labor

If you are in labor

If you go to the hospital for any reason at all

If you need advice on comfort measures

If you have a medical question

If you have dizziness, spots, dim, or blurred vision

Sudden swelling in the hands, face, or feet and won't go away with rest

Severe or continuous headaches

Foul smelling or colored vaginal discharge

Any vaginal bleeding, even small

Painful urination

Decreased fetal movements

Abdominal pain more than the usual

Persistent vomiting

Fever over 100.3 degrees

Chills or fever

Leaking of fluid from the vagina

Before taking prescription or over the counter medications if you have a question

Before taking herbs

Leg pain when hot, red, or swollen

Cramping or tightening of the abdomen more than 6 times in an hour

Severe pain lasting more than 2 minutes

Persistent itching especially of palms and bottom of feet

If you have a life threatening emergency please call 911

IMMEDIATELY

Remember I recommend probiotic in pregnancy

Please see your dentist twice a year to alleviate dental problems that can cause prematurity.