



When to Call Your Midwife

1. You think you might need to go to the hospital or emergency room
2. You might be in labor
3. You notice any of the following signs or symptoms:
 - Severe headache that doesn't go away when you take Tylenol and/or sleep
 - Sudden swelling of your hands or face
 - Pain lasting more than a few minutes which is located:
 - a. Under or immediately below your breastbone (sternum)
 - b. In your right shoulder or shoulder blade
 - c. In your right collarbone
 - Vomiting (throwing up)
 - Visual problems that suddenly occur, including:
 - a. A sudden blind spot in your vision
 - b. Loss of vision in one or both eyes
 - c. Double vision
 - d. Lots of spots suddenly floating across your eye(s)
 - Bleeding like a period, or persistent spotting
 - The baby moving a lot less than usual or moving less than 10 times in 12 hours
 - Leaking fluid from your vagina that is green or yellowish-green
 - Leaking fluid from your vagina before 37 weeks of pregnancy
 - Unusual pain in your abdomen or lower back, especially if it is constant and severe