

## WHEN YOU SHOULD CONTACT THE CLINIC OR THE HOSPITAL IN YOUR SECOND AND THIRD TRIMESTERS

Please contact the birthing suite of your choice listed below immediately for advice if any of the following occur:

- If you are concerned that there has been a significant change in your baby's movements
- Trauma to the abdomen, assault, serious fall or car accident
- Vaginal bleeding at any time
- Sharp pains in the abdomen with or without vaginal bleeding
- Your waters break or if you have a constant clear watery vaginal discharge
- Fever or chills, temperature over 38 degrees
- Severe nausea and persistent vomiting
- Recurring and persistent headaches
- Blurred vision or spots before your eyes
- Pain or burning on passing urine
- Contractions at any time before 37 weeks
- Sudden swelling of the face, hands or feet
- Persistently itchy skin, especially hands and feet
- Labour has started and you feel it is time to go to the hospital
- Or any other reason for hospital evaluation

**JHH Birthing Suite: 4921-4350**

**NPH Birthing Suite: 4941-9268**



HUNTER WOMENS HEALTH CENTRE