

**CONTEMPORARY WOMEN'S CARE
4323 N. JOSEY LANE, SUITE 306
CARROLLTON, TX 75010
PHONE: 972-939-7011 FAX: 972-939-2951**

NEDRA RICE, M.D.

SHAHEEN JACOB, M.D.

CALL THE OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR:

Vaginal bleeding (if you are >37 weeks, then blood tinged mucus or spotting is okay)

Severe or persistent abdominal pain or tenderness

Persistent vomiting or any vomiting accompanied by pain or fever (>100.4 degrees F)

Fainting, frequent dizziness, a rapid heartbeat, or heart palpitations

Temperature over 100.4 degrees F or 38 degrees C

Persistent or severe headaches or any headache accompanied by blurred vision, slurred speech, or numbness

Visual disturbances such as double vision, blurring, dimming, or flashing lights

Swelling in your face or hands

Trauma to the abdomen

Leakage of amniotic fluid

If you are <37 weeks, more than 5 contractions in an hour, even if they are not painful

If you are >37 weeks, regular painful contractions lasting 30 seconds each, occurring every 5 minutes for at least an hour

Severe pain between contractions

Decreased fetal movement (less than 10 movements over a 2 hour time period)

If you have any questions or concerns, or other concerning symptoms not listed, please call the office.