

Warning Signs During Pregnancy

Finding and dealing with problems early can often lower risks for you and your baby.

Here are warning signs to recognize:

- Bleeding or spotting from your vagina.
- A gush or leak of water from your vagina.
- Uterine cramping or tightening 6 or more times per hour if you are less than 37 weeks pregnant.
- Vague signs of preterm labor:
 - Menstrual-like cramping.
 - A dull, low backache.
 - Pelvic pressure or heaviness.
 - Intestinal cramping, without diarrhea.
 - An increase or change in the character of vaginal discharge.
 - A general feeling that “something is not right.”
- Sharp, non-stop pain in your belly.
- Fever over 100°F
- Nausea or vomiting that won’t go away.
- Sudden swelling of your face, hands, or feet.
- Continued bad headache that won’t go away after resting and taking Tylenol. Blurred vision or spots before your eyes.
- Pain and/or burning when you urinate.
- Contact with someone who has H₁N₁ flu, measles, chicken pox, whooping cough, or any other illnesses you are concerned about.
- A decrease in your baby’s normal movements and activity. Your baby should move at least 10 separate times in a 2-hour period daily after 28 weeks of pregnancy.
 - See “Fetal Kick Count” document to monitor your babies kick counts from home.