



When to contact your OBGYN during pregnancy

A: Amniotic fluid: If you have a slow steady watery discharge that does not seem to be urine or if you have a sudden gush of fluid, this could be your amniotic fluid. It would be better to call if these symptoms arise rather than wait for your regularly scheduled appointment.

B: Bleeding: Bleeding could be a sign of a pregnancy complication. Specifically, if bleeding is bright red, heavy, with clots or associated pain, then it would be important to contact your health care provider.

C: Contractions or cramping: Irregular discomforts or contractions are common in pregnancy. If you notice painful and more regular contractions, then it would be best to begin to time them. If you are <37wks, then these are preterm contractions. If you note >6 painful contractions/ hour, please notify your health care provider. If you are greater than 37 wks then you are considered term and are monitoring for labor contractions. If you note contractions to be spaced approximately 5 minutes from the start of one contraction to the start of the next contraction, the contractions last for about one minute and the pattern persists for an hour (This is also known as the "5-1-1" rule); then you should call your healthcare provider.

D: Decreased fetal movement: If the baby's movement is less than typically noted, then it would be recommended to lay on your side and monitor movement. If there are noted to be < 10 movements in 2 hours, then you need to contact your healthcare provider. It is best not to wait until your regularly scheduled appointment.

E: Elevated blood pressure: Preeclampsia or gestational hypertension are hypertensive disorders of pregnancy that should warrant evaluation from your healthcare team. Signs or symptoms of pre eclampsia could include:

- sudden increase in swelling (especially in the face or hands or if there is a sudden and significant increase in weight)
- Headache that does not improve with Tylenol
- Vision changes (specifically large spot in the visual field)
- Pain in the abdomen (especially under the R breast)
- Home blood pressure >140/90 (very concerning if > 160/110)

F: Fever: If you note BP >100.4 or have other symptoms of sickness or infection. Tylenol is a safe medication to take during pregnancy, but dose should not exceed 4000mg in 24h. The care is often supportive including increasing fluids, cool shower and over the counter medications. If fever persists despite above interventions, then please contact your healthcare provider.