When to call the health centre if you're pregnant

Call the health centre right away if you have these problems:

- Bleeding or spotting from your vagina.
- A gush or trickle of fluid from your vagina.
- Bad cramps or stomach pains that don't go away.
- Frequent vomiting where you can't keep fluids down.
- Pain or burning when you pee.
- Pressure low down in your body, a feeling that the baby is pushing down.
- Lower back pain or pressure, or a change in lower backache.
- Pains that come and go, or don't go away.
- A feeling that something is just not right.
- Fever, chills, dizziness or a bad headache.
- Blurry vision or spots before your eyes.
- Baby's movement is a lot less than usual in the last 12 hours.
- Feeling down or periods of crying that don't go away.

If you have any questions, please call a health care provider at your local health centre.

Daytime number to call:_____ After hours number to call:_____