

# Warning Signs to Report when You're Pregnant

Warning signs might mean that something is wrong. Call your doctor, midwife, or Health Link **right away** or seek immediate medical care if you have any of the following:

- your baby stops moving or moves less often
- you are less than 37 weeks pregnant and have pain in your stomach or back that comes and goes
- your bag of water breaks, either with a sudden gush or leaking fluid from your vagina
- you have a temperature of 38°C for any reason
- you hurt yourself (for example, you fell)
- it burns when you pass urine
- you have a bad smell coming from your vagina
- you are throwing up often
- you feel dizzy or have fainted
- your face, hands, and/or feet suddenly become swollen or puffy
- you have a very bad headache that doesn't go away
- you suddenly gain a lot of weight in less than a week
- you have blurred vision or see spots before your eyes
- you have bad feelings about your pregnancy that do not go away
- you feel worried or anxious

Call 911 **now** if you have any of the following:

- you have severe, bright red vaginal bleeding
- you have sudden, severe pain in your abdomen that does not go away
- you see or feel the umbilical cord in the vagina

You know your body and baby best. Health advice is available 24/7 by calling Health Link .



**Health Link**  
Health Advice 24/7



# Preterm Labour

## What is it?

Preterm (premature) labour is labour that begins before 37 weeks, which means that your baby could be born too early. Babies who are born early or are very small may have trouble breathing and feeding. They often stay longer in the hospital. A baby who is born early may need special care in the Neonatal Intensive Care Unit (NICU).

## What are the signs of preterm labour?

You may get a feeling that something is not right.

You may have one or more physical signs:

- cramps like the kind you get with your periods, or like gas pains
- contractions (don't have to hurt)
- fluid leaking or a gush from the vagina
- bleeding from the vagina
- change in or more discharge from the vagina
- a low, dull backache that may come and go
- pressure that feels like the baby is pushing down into the pelvis (pressure may come and go)

## How do I reduce my risk?

Preterm labour can happen in any pregnancy. Many people with no known risks have preterm babies. Some things you can do to decrease your risk are:

- stop smoking and/or stay away from second-hand smoke
- don't use alcohol, cannabis, and drugs
- try to avoid injuries (for example, always wear a seatbelt)
- get help for family violence
- use coping strategies to reduce stress
- get prenatal care early in your pregnancy, including dental care

## What should I do?

If you have any symptoms of preterm labour, call your doctor, midwife, or Health Link right away or have someone take you to the hospital. It can make a big difference to your baby's health.

