



Call the midwife or GP

if you have any of the following...



Spotting or bleeding



Sharp or continuing abdominal pain



Vomiting all or most food



Leaking fluid from the vagina



Persistent severe headache



Swelling in face, hands or legs



Cramps in your lower back or pelvic area



Itching, especially on hands and feet



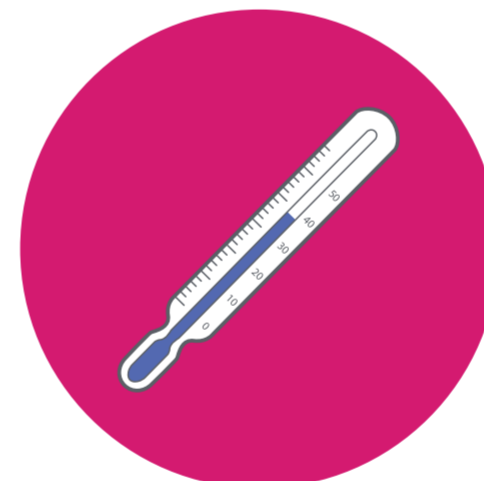
Painful urination



Blurred vision, seeing spots



Baby's movements slows down or changes



High temperature (above 37.5 degrees)



You feel that something is wrong

To read more about any of these symptoms scan this QR code with your phone camera:

Or visit www.tommys.org/pregnancy-information/symptom-checker



Your local contact details



Vaginal bleeding and abdominal pain could mean a miscarriage. If you have these symptoms **without a confirmed pregnancy or in early pregnancy without a midwife talk to your GP or Early Pregnancy Unit.**



If your symptoms are severe, or if you have noticed any change or reduction in your baby's movements in the womb, **contact the labour ward immediately**