

# SIGNS OF AN EMERGENCY DURING PREGNANCY OR POSTPARTUM



During pregnancy, signs or symptoms may appear in the mother that warn that there is an urgency during pregnancy, even up to a year after giving birth. Watch for these signs or symptoms that could indicate such a situation.

## Severe headache that does not go away or gets worse over time

- Severe pain begins suddenly and lasts even after taking medicines and consuming fluids.
- It is a pulsating pain and is on one side of the head, above the ear.
- It occurs along with blurred vision or dizziness.

## Dizziness or fainting

- Loss of consciousness when fainting.
- There is a space of time of which you have no memory.
- Continued dizziness or lightheadedness. Sometimes they come and go for many days.

## Vision changes

- See flashes of light or bright spots.
- Blind spots or you cannot see at all for a short time.
- Blurred vision, you cannot focus your eyes, or you see double.

## Fever of 100.4°F (38°C) or higher

- If fever persists, seek medical attention.

## Extreme swelling of the hands or face

- On the hands it makes it difficult to bend the fingers or wear rings.
- On the face it makes it difficult to fully open your eyes.
- You may have loss of sensation in your eyes, lips, and mouth.

This bloating is not like the mild swelling that most moms have during pregnancy, especially during the last months of pregnancy.

## Thoughts about hurting yourself or your baby

- You may think about hurting yourself because:
  - You feel very sad, hopeless, or that you are not good enough before or after you have had the baby.
  - You feel like you have no control over your life.
  - You feel extremely worried all the time.
- You may think about hurting your baby, or you may have scary thoughts that come up unintentionally or that are hard to get rid of.

## Shortness of breath

- Shortness of breath suddenly or over time and when you lie on your back.
- You feel pressure in your throat or chest.

## Chest pain or fast heartbeat

- You have chest pain, a feeling of pressure in your chest, or pain that radiates to your back, neck, or arm.
- Changes in heartbeat; rapid or palpitations. Irregular heartbeat or a feeling of no heartbeat.
- You get dizzy, disoriented, faint, or have trouble catching your breath (it is hard to speak and breathe).



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## Severe nausea and vomiting (not nausea and vomiting in early pregnancy)

- A lot of nausea and vomiting that you cannot keep water or other fluids in your stomach.

## Severe abdominal pain that does not go away

- Sharp, stabbing, or cramping abdominal pain that does not go away.
- It starts suddenly and intensely and gets worse over time.

## Movements of the baby that stop or decrease during pregnancy

- You feel that the baby has stopped moving or is moving less than before. There is no specific amount of movement that is considered normal; What matters is a change in the baby's movement.

## Bleeding or leakage of vaginal fluid during pregnancy

- Any type of bleeding from the vagina that is more than a few spots, such as a menstrual period, leakage of fluid from the vagina, or vaginal discharge that smells bad.

## Vaginal bleeding or fluid leakage after pregnancy

- Heavy bleeding soaks one or more sanitary pads in an hour.

- You pass clots larger than an egg or tissue raisins.
- Vaginal discharge smells bad.

## Significant swelling, redness, or pain in a leg or arm

At any time during pregnancy or up to 6 weeks after birth:

- Swelling, pain, or tenderness in your legs, usually in your calf or only one leg, and you may have pain when you touch it, when you flex your foot to stand or walk.
- The painful area is red, swollen, or feels warm to the touch.
- Pain, tenderness, or swelling in the arm, usually on only one side of the body.

## Extreme tiredness

- Sudden tiredness or weakness.
- You do not have enough energy to go about your daily activities.
- No matter how much sleep you get, you do not feel rested.
- So tired that you do not get up to take care of your baby.

If you feel something is not right or if you are not sure it is serious, see your health care provider. Be sure to tell her if you are pregnant or if you were pregnant in the last year.

