

# PREGNANCY

## RED FLAG CONCERNS IN PREGNANCY TO BE AWARE OF

- persistent vaginal bleeding heavier than spotting in the first trimester, and any signs of vaginal bleeding past 14 weeks
- Rashes of any kind except the ones you often get like eczema
- Sudden, unusual thirst
- Fever and/or coughing that isn't getting better
- A feeling of being tired all the time - extreme fatigue
- Dizziness, headaches, dimming and/or blurring of vision
- Sudden or continuing swelling of your hands and face
- Frequent vomiting when you are unable to keep fluids down
- Abdominal pain or if your abdomen feels hard
- Bleeding from your vagina, bowel, or bladder
- A burning sensation when peeing
- Coloured, frothy and/or bad smelling vaginal discharge, or vaginal discharge causing itchiness or irritation
- A gush or trickle of water from your vagina
- Constant negative feelings or anxiety about your pregnancy and care of the baby
- Depression or periods of weeping that don't go away
- Any violence or threatening behavior towards you in your home or workplace
- Contact with anyone who has rubella (German measles) as there is a danger to your baby if you get sick with rubella during your pregnancy
- Feel that your baby has moved a lot less than usual in the last 12 hours - after 26 weeks.
- Signs of preterm labour (cramping - rhythmic and becoming stronger or closer together (before 37 weeks))



Please contact your primary care provider right away if you are experiencing any of the above listed symptoms

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