

# How to recognize an emergency with your pregnancy



**There are many aches, pains and concerns during pregnancy.**

Some are normal.  
Some can be serious.



## How do you know if you need to see the doctor?

**Pre-term labor** and **toxemia** are two factors that can go wrong in a pregnancy. A doctor must care for you if you have these symptoms!



**Pre-term Labor** is when your baby tries to come out early. Babies who are born early can have many health problems.

### Signs to look for:

- Cramping in your stomach.
- Pressure in your lower stomach that comes and goes.
- Low, dull backache that feels different from your regular backache.
- Clear or bloody discharge from your vagina.



**Toxemia** is an illness some women develop. The symptoms are high blood pressure, kidney problems and retaining water. The early signs can be easy to miss. They may appear after your fifth month of pregnancy. Watch out for the following signs:

### Early Signs of Toxemia:

- Weight gain of 2 or more pounds in 1 week (you should check your weight every 2 - 3 days).
- Total weight gain of 6 or more pounds in one month.
- Swollen face, puffy eyelids and fingers (signs of water retention).

### Late Signs of Toxemia:

- Severe headache that does not go away.
- Burning in the upper right part of your stomach. It may feel like heartburn.
- Blurry vision or spots in front of your eyes.



**If you have the signs of pre-term labor or toxemia call your doctor or go to your nearest hospital right away!**



**If you don't have a doctor, call the Health Referral Line:**

Monday-Friday 8am to 5pm:

**1-800-564-8448**

For the hearing impaired call:

**1-800-801-7100**



This brochure was funded by the State of California Department of Health Services, Maternal and Child Health Branch.