



MAMA Academy

positive about pregnancy



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Call your Maternity Unit...



immediately if you have:



obvious **swelling** of your hands and face, or upper body



severe pain just below the ribs in the middle of your tummy



vaginal bleeding or **leaking fluid** (clear or any colour)



noticed your **baby's movements** slow down, change or stop



problems with vision (blurring, flashing lights or spots, difficulty focusing)



a persistent **headache**



a high **temperature**

within **24 hours** if you have:

- **itching** (particularly hands or feet)
- **abnormal vaginal discharge**



It is **NOT** true...

...that babies move less at the end of pregnancy. If you think your baby's movements have changed, call your maternity unit straight away, no matter how many times this happens. **You should be asked in for assessment.**



FOR MORE INFORMATION VISIT:
www.mamaacademy.org.uk