

Pregnant now or within the last year?

Call your nurse or get medical care if you have any of these:



Headache that will not go away or gets really bad



Dizziness or fainting



Vision changes (blurry or double vision, "spots")



Fever of 100.4° F (38.0° C) or more



Extreme swelling in your hands or face



Thoughts or feelings of hurting yourself or baby



Problems breathing



Chest pain or racing heartbeat



Upset stomach (nausea) or throwing up (vomiting)



Severe stomach (abdominal) pain that does not go away



Baby's movement stops or slows down a lot



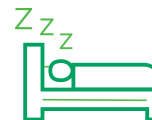
Extreme swelling or redness in your arms, legs, or feet



Vaginal bleeding or fluid leaking during pregnancy



Severe bleeding (soaking more than 1 pad in an hour or less) or heavy discharge after delivery



Severe tiredness (fatigue)

These signs may be a warning of something dangerous. Call your doctor or go to the emergency room right away. Let them know that you are pregnant or delivered in the last year.



HEAR
HEAR HER CONCERNS



Save your life

Get care for these post-birth warning signs

Most women who give birth recover without problems. But any woman can have complications after giving birth. Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.

Call 911 if you have:

Pain in chest
Obststructed breathing or shortness of breath
Seizures
Thoughts of hurting yourself or someone else

Call your healthcare provider if you have:

If you can't reach your healthcare provider, call 911 or go to an emergency room.

Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
Incision that is not healing
Red or swollen leg, that is painful or warm to touch
Temperature of 100.4°F or higher
Headache that does not get better, even after taking medicine, or bad headache with vision changes



Trust your instincts.

ALWAYS get medical care if you are not feeling well or have questions or concerns. Tell 911 or your healthcare provider:

"I gave birth on _____ and
(Date)
I am having _____."
(Specific warning signs)

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- **Pain in chest**, obstructed breathing or shortness of breath (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or someone else** may mean you have postpartum depression
- **Bleeding (heavy)**, soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- **Incision that is not healing**, increased redness or any pus from episiotomy or C-section site may mean you have an infection
- **Redness, swelling, warmth, or pain** in the calf area of your leg may mean you have a blood clot
- **Temperature of 100.4°F or higher, bad smelling vaginal blood or discharge** may mean you have an infection
- **Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia



My Healthcare Provider/Clinic: _____ Phone Number: _____

Hospital Closest To Me: _____

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