

# Pregnant or up to a year postpartum?

Knowing the **15 urgent maternal warning signs** can save her life.



## A Conversation Guide for You and Your Health Care Professional

### During Pregnancy

If you are pregnant, it's important to pay attention to your body and talk to your health care professional about anything that doesn't feel right. Don't wait. You know your body best. If you experience any urgent maternal warning signs, get medical care immediately.

### After Pregnancy

While your new baby needs a lot of attention and care, it's important to remain aware of your own body and take care of yourself too. It's normal to feel tired and have some pain, particularly in the first few weeks after having a baby, but there are some symptoms that could be signs of more serious problems.

### Tips:

- Bring this conversation starter and any additional questions you want to ask to your health care professional.
- Be sure to tell them that you are pregnant or were pregnant in the last year.
- Tell the professional what medication you are currently taking or have recently taken.
- Take notes and ask more questions about anything you didn't understand.
- Ask for a translator, if needed, to ensure the conversation is understood by you and the health care professional.



Tear this panel off and use this guide to help you start the conversation.



### Urgent Maternal Warning Signs

- Headache that won't go away or gets worse over time
- Fever of 100.4° F or higher
- Dizziness or fainting
- Severe belly pain that doesn't go away
- Severe nausea and throwing up (not like morning sickness)
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or leaking fluid that smells bad after pregnancy
- Extreme swelling of your hands or face
- Changes in your vision
- Swelling, redness or pain of your leg or arm
- Chest pain or fast-beating heart
- Trouble breathing
- Overwhelming tiredness
- Thoughts about harming yourself or your baby
- Baby's movement stopping or slowing during pregnancy

*This list is not meant to cover every symptom a woman might experience during or after pregnancy. Learn more about urgent maternal warning signs at [HearHer.Texas.gov](http://HearHer.Texas.gov)*

- Thank you for seeing me. I am/was recently pregnant. The date of my last period/delivery/miscarriage was \_\_\_\_\_ and I'm having serious concerns about my health that I'd like to discuss with you.
- I have been having \_\_\_\_\_ (symptoms) that feel like \_\_\_\_\_ (describe in detail) and have been lasting \_\_\_\_\_ (number of hours/days).
- I know my body and this doesn't feel normal.

### Sample questions to ask:

- What could these symptoms mean?
- Is there a test I can have to rule out a serious problem?
- At what point should I consider going to an emergency room or calling 9-1-1?

Notes:



Texas Department of State Health Services

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