

# Pregnant or up to a year postpartum?



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

## You know your body best.

If something doesn't feel right, don't wait. Contact a health care professional. If you experience any of the following urgent maternal warning signs, get medical care immediately:

- 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



Texas Department of State  
Health Services

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# Use this guide to help start the conversation with your health care professional:

- 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.

## After Pregnancy

- 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:

## Tips:

- Bring this conversation starter and any additional questions you want to ask to your health care professional.
- Be sure to tell your health care professional that you are pregnant or were pregnant in the last year.
- Tell the health care professional what medication you are currently taking or have recently taken.
- Take notes and ask questions about anything you didn't understand.

