

Look for Urgent Maternal Warning Signs.

If something doesn't feel right, get help.



You know your body best. Talk to your health care provider. It can help save your life.

If you are pregnant or were pregnant in the last year, it is important to talk to your health care provider about anything that doesn't feel right.

If you experience any of these urgent maternal warning signs, get medical care immediately:

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming yourself or your baby
- Changes in your vision
- Fever of 100.4°F (38°C) or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Overwhelming tiredness
- Severe nausea and throwing up (*not like morning sickness*)
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or leaking or fluid that smells bad after pregnancy
- Swelling, redness or pain of your leg

Learn more at dshs.texas.gov/HearHerTX

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Use this guide to help start the conversation:

- 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 talk to you about.
- 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:

Tips:

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