

When to Call Your Healthcare Provider

It can be very confusing in pregnancy to know what is normal and what is worrisome. It is helpful to get a good book to guide you in these cases. Some good titles for expectant mothers are:

- What to Expect When You're Expecting
- The Girlfriends' Guide to Pregnancy
- The Mother of All Pregnancy Books: The Ultimate Guide to Conception, Birth, and Everything in Between

Remember the father-to-be can be very overwhelmed and confused at this time in your lives as well. Some good books for your partner are:

- My Boys Can Swim!: The Official Guy's Guide to Pregnancy
- The Expectant Father: Facts, Tips and Advice for Dads-to-Be

These books are not written by, published by, or any other association with UAMS or the ANGELS Program. They are only a recommendation and can generally be purchased at any bookstore for \$10-\$15. Remember though, even the best books don't answer all questions; call your care provider for your pregnancy concerns.

General Guidelines for When to Call Your Provider or the ANGELS 24-hour Call Center

- Persistent headaches that do not resolve with rest and acetaminophen (Tylenol), taken as directed
- Sudden swelling, especially above the waist
- Persistent visual changes (like seeing spots in your vision)
- Significant pain under your right breast or in the center of your chest
- Persistent nausea and vomiting, especially in the second or third trimester (5 months or beyond)
- General flu-like symptoms including: aching all over, sudden extreme fatigue, or "just not feeling well"
- After 24 weeks gestation (about 6 months) decreased or absent fetal (baby) movement
- Fever over 100 ° F
- Regular contractions (tightening in the abdomen/belly or persistent (new onset) back pain that may or may not hurt that occurs every 5 - 10 minutes for at least 2 hours)
- Increased thin, watery vaginal discharge
- Foul-smelling or discolored (yellow, green, brown, gray) vaginal discharge
- Itching or burning in the vaginal area
- Rupture of membranes (break your bag of water around the baby)
- Vaginal bleeding; if you are near your due date, bloody show is normal (thick, mucous vaginal discharge tinted with streaks of blood). There is no cause for concern until you have rupture of membranes, regular

contractions, or if the baby is not moving well. Bleeding like a period (regardless of gestational age) is not usually normal and you need to seek care at once.

- New onset significant pain in the mid-section of your back on either or both sides
- Chest pain that does not resolve with antacids (Tums, Mylanta, Maalox, Roloids, Gaviscon, etc.)
- Chest pain that radiates down an arm or up into the shoulder or neck
- Chest pain that is accompanied by shortness of breath, dizziness, or feeling faint
- Shortness of breath; it is normal to be slightly short of breath after 32 – 34 weeks gestation (about 8 months or beyond). If you are significantly short of breath you still need to call or seek care though. It is generally not normal to be short of breath in the first 30 weeks of your pregnancy (first 7 months).
- Significant pain in one of your legs

If you are experience any of the above symptoms, call the ANGELS call center nurses with your questions or problems at:

(501) 526-7425 in the Little Rock area or toll free at **1-866-273-3835**.

If your obstetrical care provider is not affiliated with UAMS, the ANGELS call center cannot give any medical advice other than emergency care advice.

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