

Blessing Way Midwifery

When to call your midwives:

- Vaginal bleeding
- Severe abdominal pain
- Vomiting and/or diarrhea that hasn't stopped within 24 hours
- Reduced fetal movement (less than 6 movements in 2 hours)
- Signs of a urinary tract infection: pain/burning on urination, flank (lower back over the kidneys) pain, feeling like you have to pee all the time
- Severe headache or blurred vision
- Dizziness or fainting
- Fever and chills
- Painful abdominal cramping before 37 weeks
- Gush or slow leaking of fluid from your vagina
- Sudden swelling of face