

Pregnancy Concerns

When to call 999



All pregnant women and people can access NHS maternity services. Access healthcare early in pregnancy to reduce the risk of complications for you or your baby. Maternity care is urgent and necessary so it will never be refused. Book an appointment with a midwife **by 10 weeks** of pregnancy.

Vaginal Bleeding – Call 999 if:

Bleeding is heavy (soaking through a sanitary pad in less than an hour) or there are signs of heavy blood loss: rapid heart rate, breathing problems, dizziness or fainting

Feeling out of Breath – Call 999 or go to A&E if you feel breathless with any of the following:

- Feeling faint, dizzy or you pass out
- Have chest pain
- Heart beating fast or feels abnormal
- Swelling to one leg
- You feel like you are gasping for air and it is hard to breathe

Headaches – Call 999 if you:

- Have a seizure
- Are unable to speak
- Have sudden onset of worst headache ever
- Suffer loss of consciousness
- Are confused or not alert

Signs of labour – Call 999 if:

- You think baby is coming and you have a strong urge to push
- You can see part of your baby or the umbilical cord coming from your vagina
- There is heavy bleeding

Mental Health – Call 999 or go to A&E if you have:

- Any thoughts to harm yourself or someone else
- Hallucinations or delusions

Nausea and Vomiting – Call 999 if you experience:

- Slurred speech or confusion
- Severe breathlessness
- Skin mottled/discoloured

After Pregnancy

Call 999 or go to your local A&E if you have any of the following symptoms after birth:

- Heavy bleeding from your vagina, and you feel dizzy or faint
- Pain in your chest or you have severe breathing problems
- Seizure, slurred speech, confusion, weakness in arms/legs
- Sudden severe headache, loss of vision or double vision

Call 999 if your baby has any of the following symptoms:

- Breathing difficulties or baby has stopped breathing
- Making grunting noises or pauses when breathing
- Turning blue, purple or black
- Unresponsiveness or floppy
- Rash that does not go away with pressure
- Any seizure or fit
- Extreme lethargy
- If you are extremely worried something is wrong with them

Baby Movements

Most people usually begin to feel their baby move between 16-24 weeks of pregnancy. If you are worried about your baby's movements **DO NOT** wait until the next day to seek advice. You must contact your local maternity unit immediately.

If you have any other concerns, speak to your maternity provider or contact 111 if your maternity provider is not available.

