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When to Call the Your Health Care Provider

Warning Signs in Pregnancy:  
Call Right Away if you Experience:
1. Vaginal Bleeding  
2. Sharp Abdominal Pain or if abdomen is rigid and painful.  
3. Leaking, gushing fluid from your vagina or if you think your water broke  
4. Contractions, or a sensation of tightening in your belly that lasts at least 30 seconds and comes and goes in a regular pattern, especially if more than 5 regular contractions are noted in one hour.  
5. Are in an automobile accident or have a blow to your abdomen.

Call with in 24 Hours if you Experience:
1. Vomiting for more than 24 hours, or are not keeping fluids down all day  
2. Fever over 101 degrees – take temp twice at least one hour apart.  
3. Painful urination, or significant decrease in amount of urine.  
4. Itching, burning, or irritation in vagina or in genitals  
5. Genital Blisters  
6. Decreased movement of the baby  
7. Hot, red painful region on leg, especially near varicose veins.  
8. Sudden increased swelling in face, hands, and feet  
9. Severe headache that does not respond to usual measures of increased fluids and decreasing stressors.  
10. Visual changes, like spots in front of eyes, blurred, or dimmed vision.  
11. You feel something isn’t right with you or the baby.

Write down your questions about exercise, nutrition, sex, weight, or prenatal classes to ask at your next appointment, or call between 9-5 Monday through Friday.

Be respectful about holding questions that can wait until office hours, but do not hesitate to call the midwife, or doctor at any hour day or night if there is an emergency.

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