

## When to call the doctor

If you experience any of the following, please contact us immediately as these are considered emergency:

- Continuous leaking of fluid (water broken)
- Abdominal trauma or car accident
- Heavy bleeding
- Fever greater than 101°
- Decreased fetal movement
- Urinary tract infection
- Headache with vision changes
- Painful contractions greater than 6 times an hour if less than 36 weeks

Please use this chart to determine how you should treat certain illnesses or symptoms throughout your pregnancy. If in doubt, call the office at **732-528-6999**.

ILLNESS/SYMPTOM	CALL THE OFFICE IF:	CALL THE DOCTOR IMMEDIATELY IF:	HOME TREATMENT:
<b>Bleeding/Cramping</b> <ul style="list-style-type: none"> <li>• Some bleeding/spotting may occur after an internal exam</li> </ul>	<ul style="list-style-type: none"> <li>• Bleeding is less than a period with mild cramping; common in 1st trimester</li> </ul>	<ul style="list-style-type: none"> <li>• Bleeding is heavy (using a pad every 2 hours)</li> <li>• 2nd &amp; 3rd trimester cramping or painless heavy bleeding</li> <li>• Cramping is equal or worse than menstrual cramps</li> </ul>	<ul style="list-style-type: none"> <li>• Rest</li> <li>• Avoid heavy lifting (more than 25 pounds)</li> </ul>
<b>Vomiting</b> <ul style="list-style-type: none"> <li>• Common in 1st trimester</li> </ul>	<ul style="list-style-type: none"> <li>• Unable to keep down liquids and solids for more than a 24 hour period</li> <li>• Weight loss of more than 3-5 pounds</li> </ul>	<ul style="list-style-type: none"> <li>• Signs of dehydration occur (e.g. dry mouth, fatigue/lethargy, poor skin turgor)</li> <li>• Abdominal pain accompanied with vomiting</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin B6 25 mg three times a day</li> <li>• Separate liquids from solids (e.g. dry cereal followed by a glass of milk 1 hour later)</li> <li>• Plain popcorn</li> <li>• Rest</li> <li>• Avoid hot sun</li> </ul>
<b>Decreased fetal (baby) movements after 24 weeks</b>	<ul style="list-style-type: none"> <li>• Baby moves less than 4 times in a 30 minute period while you are resting, during a normally active period of baby</li> </ul>	<ul style="list-style-type: none"> <li>• No fetal movement if accompanied by severe abdominal pain</li> </ul>	<ul style="list-style-type: none"> <li>• Rest</li> <li>• Drink juice or soft drink</li> <li>• Eat a small snack</li> </ul>
<b>Labor</b>	<ul style="list-style-type: none"> <li>• Contractions stronger than Braxton-Hicks (mild, irregular contractions), but may not be regular</li> <li>• If less than 36 weeks, call if contractions are every 15 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Contractions are every 5 minutes apart for 2 hours</li> <li>• Water breaks; small leak or as a gush</li> <li>• Bleeding is more than a period</li> <li>• Pain or contractions won't go away</li> </ul>	<ul style="list-style-type: none"> <li>• Rest (you'll need energy for real labor)</li> <li>• Increase fluids to 8-12 glasses daily</li> <li>• Dehydration can cause contractions, especially in the summer</li> </ul>
<b>Urinary Urgency and/or Pain With Urination</b> <ul style="list-style-type: none"> <li>• Frequency is common in early and late pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>• Pain with urination</li> <li>• Feeling of urgency to void with little urine produced</li> </ul>	<ul style="list-style-type: none"> <li>• Temperature of 101°F or higher</li> <li>• Pain in upper back</li> <li>• Contractions occur</li> <li>• Blood in urine</li> </ul>	<ul style="list-style-type: none"> <li>• Urinate at regular intervals</li> <li>• Increase fluid intake to 8-12 glasses daily</li> </ul>
<b>Swelling</b>	<ul style="list-style-type: none"> <li>• Recent, noticeable increase in feet and ankles</li> <li>• Swelling of face and hands</li> </ul>	<ul style="list-style-type: none"> <li>• Swelling accompanied with headache or upper abdominal pain</li> <li>• Swelling with decreased fetal movement</li> <li>• Elevated blood pressure if using home monitoring</li> </ul>	<ul style="list-style-type: none"> <li>• Lie on left side and elevate legs</li> <li>• Avoid salty foods (e.g. ham, pizza, chili)</li> </ul>
<b>Cold and Flu</b>	<ul style="list-style-type: none"> <li>• Temperature of 101°F or higher</li> <li>• Green or yellow mucus develops</li> <li>• Persistent cough for more than 5 days</li> </ul>	<ul style="list-style-type: none"> <li>• Breathing is difficult or wheezing occurs</li> </ul>	<ul style="list-style-type: none"> <li>• Tylenol, Actifed, Sudafed, and any Robitussin</li> <li>• Increase fluids</li> <li>• Rest</li> <li>• Use vaporizer</li> </ul>
<b>Rupture of membranes</b>		<ul style="list-style-type: none"> <li>• Water breaks; small leak or as a gush</li> </ul>	