

A Healthy Pregnancy: Your Warning Signs Guide

Maternal & Newborn · Antepartum / Prenatal Care

Most pregnancies go well. Regular checkups, healthy habits, and knowing the warning signs protect you and your baby.

Go to every checkup

- Visits are usually every 4 weeks, then every 2 weeks from 28 weeks, then every week from 36 weeks.
- Each visit checks your blood pressure, weight, urine, and your baby's heartbeat and growth.

Take your prenatal vitamin

- Take 1 every day, with at least 400 mcg of folic acid.
- Folic acid helps prevent birth defects of the brain and spine.
- Your dose, if different: _____.

Count your baby's movements

- From about 28 weeks, count once a day when your baby is usually active.
- Lie on your left side. Count kicks, rolls, and flutters.
- **You should feel 10 movements within 2 hours.**

Stay away from

- Alcohol. No amount is safe.
- Smoking, vaping, and other people's smoke
- Raw fish, raw meat, unpasteurized milk and soft cheese, and cold deli meat

- The cat litter box. Ask someone else to clean it.

Go to labor and delivery right away if you have

- Bleeding or fluid leaking from your vagina
- Contractions (belly tightening) every 10 minutes or more often before 37 weeks
- Fewer baby movements than usual, or fewer than 10 in 2 hours
- A severe headache or changes in your vision

Call your provider today if you have

- Pain or burning when you urinate
- A temperature of 100.4 F (38 C) or higher
- Sudden swelling of your face or hands

Call 911 or your local emergency number if you have

- Heavy bleeding, or bleeding with severe belly pain
- A seizure (shaking fit) or fainting
- Chest pain or trouble breathing
- Thoughts of hurting yourself or your baby

This handout supports, not replaces, advice from your own nurse or doctor.

Online: nclexpace.com/patient-education/pregnancy-warning-signs/patient

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