

When do I need to come to the hospital with Pregnancy Concerns?

At any stage of your pregnancy, if you have any of the following concerns:

1. **Call your health care provider, or**
2. **If unable to reach him/her, or your condition is urgent, go directly to:**
 - a.) **Your local Emergency room if you are less than (<) 20 weeks pregnant**
 - b.) **OB Triage, located on B4, if you are greater than or equal to (≥) 20 weeks pregnant**

- Uterine contractions: Before (<) 37 weeks, contractions may feel like a dull aching, cramping, or pressure in the pelvis and/or lower abdomen or back. If contractions persist for 1 hour, or become regular and occur more than 4 times in 1 hour, this *could* be preterm labour
- Uterine contractions: After (>) 37 weeks, contractions that are *regular*, occurring approximately every 5 mins, for 1 hour
- Bright red bleeding from the vagina
- Leaking, or any gush, of fluid from the vagina
- A severe, unusual or constant headache
- Blurry vision or seeing spots before your eyes
- Severe pain in your stomach area or your right side
- Sudden, unusual swelling, especially of the face and hands
- Fever and/or chills (temperature above 38.3°C or 101°F)
- Persistent nausea and vomiting; unable to keep anything down
- Pain or any burning feeling when urinating (peeing)
- A fall or any blow to the abdomen
- A motor vehicle collision (Go to the Emergency room first if you have other injuries, then they will send you to OB Triage)
- A decrease in fetal movement (see Kick Counts on page 7)
- Concerns about your safety
- Concerns about how you are feeling or your ability to cope during pregnancy

It is important to seek medical advice - No matter what the day or time

When you come to hospital to have your baby, and you have been cared for by an Obstetrician during pregnancy, you will be cared for by one of the Obstetricians on-call and available in hospital. This may not be the Obstetrician you have been seeing throughout your pregnancy.

If you are being cared for by a family doctor or Midwife during your pregnancy, she/he will be called when you arrive at the hospital and she/he will be responsible for your care.

You, together with your health care team, will decide if you need to be admitted to the hospital. Many women go home from OB Triage. If you do go home, you will need to check into OB triage registration each time you come to the hospital before you are admitted to the birthing area.