

## **Associates for Women's Health**

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### **WARNING SIGNS DURING PREGNANCY**

The warning signs listed below are signs that should be reported to your physician immediately:

- Severe abdominal pain
- Feeling your baby move less than ten times in a day
- Vaginal bleeding
- Rapid increase in swelling of hands, face, or feet
- Visual changes, such as seeing spots
- Severe headaches
- Painful urination

### **SIGNS OF PRETERM LABOR**

The first signs of preterm labor are often subtle, and may begin slowly. Early diagnosis provides the best opportunity to treat preterm labor effectively. If you notice any of these signs, you should contact your doctor immediately.

- A tightening sensation in your low abdomen
- A dull, low backache or a sensation of pressure in your low back
- Menstrual-like cramps
- Pressure in your pelvis that comes and goes
- An increase or a change in vaginal discharge that is watery, lightly bloody, or mucousy.
- Intestinal cramping with or without diarrhea