



Follow us:







Call your Maternity Unit...

immediately if you have:



obvious
swelling of
your hands
and face, or
upper body



just below the ribs in the middle of your tummy



vaginal
bleeding or
leaking
fluid (clear or
any colour)



noticed your
baby's
movements
slow down,
change or stop



problems with vision (blurring, flashing lights or spots, difficulty focusing)

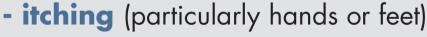


a persistent headache



a high temperature

within **24 hours** if you have:







It is **NOT** true...

...that babies move less at the end of pregnancy. If you think your baby's movements have changed, call your maternity unit straight away, no matter how many times this happens. You should be asked in for assessment.



FOR MORE INFORMATION VISIT:

www.mamaacademy.org.uk

