

## **HOW CAN YOU REACH US WHEN YOU NEED US:**

**Remember, if you have a question you can call the clinic number anytime at 359-5468. After office hours, the answering service will contact your doctor with your message. Labor and Delivery at BSA can be contacted at 212-5550 or NWTN at 354-1370 in case of an emergency.**

## **THINGS THAT MEAN "GO TO THE HOSPITAL":**

- 1. Heavy bleeding from the vagina.**
- 2. Any loss of clear fluid (leakage or gushing) from the vagina.**
- 3. Severe abdominal (stomach) pain.**
- 4. If you are more than 4 weeks from your due date and have contractions (abdominal tightening), 4-6 in 1 hour.**
- 5. Severe nausea, vomiting or diarrhea.**
- 6. Fever (over 100.5) or chills without cold.**
- 7. Decreased movement of the baby.**

## **THINGS YOU NEED TO CALL ABOUT:**

- 1. Persistent severe headaches which may or may not be accompanied by spots before your eyes, blurry vision or dizziness.**
- 2. Facial swelling.**
- 3. Decreased urine output or burning on urination.**

## **THINGS THAT CAN CAUSE YOU CONCERN, BUT DON'T NECESSARILY REQUIRE YOU TO GO TO THE HOSPITAL:**

- 1. Thick mucous discharge (not watery); may even have blood mixed with it.**
- 2. Contractions that are more than 5 minutes apart, or irregular at term.**

## **THINGS TO THINK ABOUT:**

- 1. What form of birth control to use:  
Tubal ligation, pill, Depo Provera, condom, diaphragm, IUD**