

## Danger Signs During Pregnancy

There are lots of common discomforts throughout pregnancy that can be treated or alleviated with remedies that are natural and comfortable and that do not require further medical attention. Sometimes some symptoms do not go away, worsen or strike suddenly and need immediate attention. Below are some of the signs that indicate further attention.

### **Vaginal Bleeding**

Vaginal bleeding can mean different things in pregnancy. Mild bleeding that lasts for several days should be examined to help determine the cause. Heavy bleeding with severe abdominal cramps or feeling faint should be addressed immediately to rule out any complications.

### **Edema (facial/extremities / sudden)**

Some swelling is considered normal during pregnancy, however, if the swelling persists and/or pits (leaves and indent when you press the swollen areas) it is important to inform your midwife and be examined to rule out potential issues.

### **Excessive Nausea or Vomiting**

Mild nausea and vomiting can be normal throughout pregnancy. Severe nausea, vomiting, vertigo, inability to eat, drink, focus, insomnia or other unusual symptoms should be addressed immediately and treated if necessary.

### **Fever/ Chills**

fever and/or chills can indicate an infection or illness and should be examined and advised accordingly.

### **Sudden Sharp Abdominal Pain**

Severe, sharp pains on the lower part of either side of the abdomen should be investigated, to ensure it's not a serious complication.

## **Headaches**

Although common throughout pregnancy, headaches that are different from the normal can be indicative of underlying symptoms and should be examined if they worsen or are not treatable with any of the remedies for common discomforts or if they are accompanied by other, unusual symptoms like blurred vision, pain in the abdomen.

## **Visual Changes**

Having dry eyes and some minor changes in focus due to water retention in pregnancy is normal, however, some sudden, extreme vision changes (especially when accompanied by other symptoms) can be a sign of a greater problem and should be discussed with your midwife.

## **Variations of Normal Urination**

Frequent urination is common during pregnancy, if there is a stinging or prickly sensation or urination changes such as inability to urinate or less frequent urination, color changes, foul odors or other symptoms, inform your midwife right away so that complications and issues can be ruled out.

## **Gush of Fluids from the Vagina**

If at any time prior to 37 weeks you experience a gushing of fluid from your vagina, call your midwife immediately.

## **References**

- Frye, a. (2010). *Holistic Midwifery, A Comprehensive Textbook for Midwives in Homebirth Practice*. Vol. I, *Care During Pregnancy*. Labrys Press. Portland, OR.
- Gaskin, I. M. (2002). *Spiritual Midwifery* (4th Edition). Summertown, TN: BPC