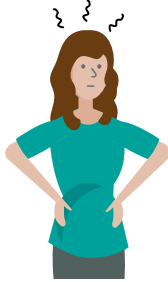








Patient information

Pregnancy call instructions

Don't call (normal)		Call
	One or more of the following symptoms after 20 weeks of pregnancy	 <ul style="list-style-type: none">• headache• seeing stars/light flashes• vomiting• feeling of tightness or pain around your upper abdomen• sudden, excessive water retention• tingling fingers
 <p>Brown discharge. Discuss this at the consultation.</p>	Blood loss	 <p>Bright red blood loss</p> <p><i>Tip: If you experience blood loss, keep your underwear or pad with blood on it.</i></p>
 <p>The baby is moving as normal</p>	The baby's movement after 28 weeks	 <ul style="list-style-type: none">• if you feel less movement than normal, lie on your left side• contact us if you have been lying on your left side for 2 hours and have felt fewer than 10 movements or if the movements feel weak to you• <i>contact us immediately if you are between 24 and 28 weeks of pregnancy and are unsure about the number of movements</i>
 <ul style="list-style-type: none">• urinary incontinence• more or thinner discharge than normal	Loss of fluid	 <ul style="list-style-type: none">• continuously wet underwear• intermittent fluid loss• loss of green/brown fluid

See other side

Patient information

Pregnancy call instructions

Don't call (normal)



- hard abdomen during physical exertion
- hard abdomen when the baby moves
- hard abdomen, no pain
- irregular

Hard abdomen/ cramps

Call



- worsening of cramps
- regularity in the hard abdomen/
cramps, e.g., once every five minutes
- pain

Concern



- always call if you are anxious or concerned
- if the information you have received is unclear



Call your hospital care provider:



Monday – Friday, from 08:30 to 16:30

- ☐ location Alkmaar +31 72 548 2900
- ☐ location Den Helder +31 223 69 6536
- ☐ location Den Helder +31 223 69 1283



After 16:30 and on weekends

- ☐ location Alkmaar +31 72 548 2925
- ☐ location Den Helder +31 223 69 1283