
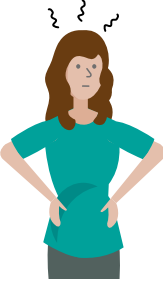






# Patient information

## Pregnancy call instructions

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

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



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

### Call

### 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 6466



#### After 16:30 and on weekends

- location Alkmaar +31 72 548 2925
- location Den Helder +31 223 69 6466