Call your Maternity Unit... immediately if you have:

- obvious swelling of your hands and face, or upper body
- severe pain 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)

within 24 hours if you have:
- itching (particularly hands or feet)
- abnormal vaginal discharge

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