



You Know Your Body Best

If you experience something that seems unusual or is worrying you, don't ignore it.

Learn about urgent warning signs and how to talk to your healthcare provider.

If you are pregnant or gave birth within the last year, it's important to talk to your healthcare provider about anything that doesn't feel right.

While it can be difficult to talk about, it's important to get medical care immediately if you experience any of the urgent maternal warning signs:

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming yourself or your baby
- Changes in your vision
- Fever of 100.4° F or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up (not like morning sickness)
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or leaking fluid that smells bad after pregnancy
- Swelling, redness or pain of your leg
- Overwhelming tiredness

Learn more about CDC's Hear Her Campaign at
www.health.ny.gov/HearHer

Use This Guide to Help Start the Conversation:

- Thank you for seeing me. I am/was recently pregnant. The date of my last period/delivery was _____ and I'm having serious concerns about my health that I'd like to talk to you about.
- I have been having _____ (symptoms) that feel like _____ (describe in detail) and have been lasting _____ (number of hours/days).
- I know my body and this doesn't feel normal.

Sample questions to ask:

- What could these symptoms mean?
- Is there a test I can have to rule out a serious problem?
- At what point should I consider going to the emergency room or calling 911?

Notes:

- Tips:**
- Bring this conversation starter and any additional questions you want to ask to your provider.
 - Be sure to tell them that you are pregnant or have been pregnant within a year.
 - Tell the doctor, nurse, or midwife what medication you are currently taking or have recently taken.
 - Take notes and ask more questions about anything you didn't understand.