

## **VALLEY WOMEN'S CLINIC, PLLC**

17722 Talbot Road South

Renton, WA 98055-5744

Appointments: 425-228-0722

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[www.valleywomens.com](http://www.valleywomens.com)

### **Warning Signs During Pregnancy**

Any of the following signs may be a warning that you may need medical help. Call the office if you experience any of these symptoms

- ♥ Vaginal bleeding
- ♥ Severe headache
- ♥ Blurring of vision or spots before your eyes
- ♥ Severe stomach pain or cramps, perhaps with nausea or diarrhea, severe backache
- ♥ Sudden weight gain in just a few days
- ♥ A gush or flow of watery fluid from the vagina
- ♥ Regular contractions getting stronger as time progresses
- ♥ Marked decrease or stopping of fetal movement (after the fifth month)
- ♥ If frequency of baby's activity (kicking) decreases
- ♥ Urinary tract infection symptoms

If you feel you are having a problem and wish to see your doctor, please call the office early in the day. Our phone lines open at 8:00 AM, Monday through Friday. Our phone nurse is available at 9:00 AM. If your regular doctor is out of the office, the doctor "on call" is available for advice or medical care. The office closes at 5:00 PM Monday through Thursday, and 3:00 PM on Fridays. If, for some reason, you are unable to keep an appointment, please call to cancel as early as possible.

We want your pregnancy to be a happy and healthy experience. We strongly recommend the following:

- ♥ No smoking
- ♥ No alcohol
- ♥ No drugs of any kind without the advice of your doctor (except for Tylenol and Sudafed used sparingly)
- ♥ No rare meat
- ♥ No litter box duty

If you have a problem or concern, do not hesitate to call our clinic numbers shown above.