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## IMPORTANT SYMPTOMS TO REPORT

If at any time in your pregnancy you develop any of the following symptoms please call the office: 454-9800

1. Any vaginal bleeding or leakage of fluids from your vagina.
2. Sudden onset of swelling of your hands or face.
3. Severe or continuous headache.
4. Double vision, blurring of vision or "spots" before your eyes.
5. Contractions greater than 4 times in an hour.
6. After 28 weeks of pregnancy, less than 10 baby movements in 4 hours.
7. Persistent vomiting for more than 48 hours.
8. Chills or fever - temperature 100.5 or higher.
9. Pain or burning on urination.

## ADDITIONAL INFORMATION

1. Eat small, frequent nutritious meals.
2. Stay hydrated. Besides water and diluted fruit juices, try popsicles, water ice, applesauce, etc.
3. Limit artificial sweeteners. They are already present in many foods, so try not to add more.
4. Take prenatal vitamins daily. Take at night if nausea is a problem. If unable to tolerate, try a children's chewable with an additional 1 mg of folic acid.
5. Calcium supplementation is encouraged if dietary needs are not met. Any type of calcium is OK, just avoid taking it at the same time as your prenatal vitamin.