## Prenatal Zones

### ALL CLEAR—This zone is the goal

**Normal pregnancy symptoms**

- ✔ Feeling tired, moody
- ✔ Occasional morning sickness
- ✔ Breast tenderness
- ✔ Braxton-Hicks contractions
- ✔ Vaginal discharge
- ✔ Strong fetal movement

### CAUTION—This zone is a warning zone

**Call your Nascentia nurse first at 315-477-4663 with these symptoms**

- ✔ Shortness of breath
- ✔ Increase in heartburn
- ✔ Burning on urination
- ✔ Vaginal spotting
- ✔ Increase pelvic pressure
- ✔ Lower extremity edema
- ✔ Vaginal discomfort/irritation

### EMERGENCY

**Go to the emergency room or call 911**

- ✔ Dizziness or fainting
- ✔ Extreme swelling of hands or face
- ✔ Change in vision, flashes of light, spots
- ✔ Baby’s movement has decreased significantly or stopped
- ✔ Severe belly pain that does not go away
- ✔ Contractions that are 5 minutes apart

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**Nurse:**  
**OB/GYN:**  
**PCP:**

Phone: ( )  
Phone: ( )  
Phone: ( )