

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 discomfort/irritation
- ✓ Vaginal spotting
- ✓ Increase pelvic pressure
- ✓ Lower extremity edema



● 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

Nurse:

Phone: ()

OB/GYN:

Phone: ()

PCP:

Phone: ()