

Alternatives Medical Clinic

We are glad you came in for your appointment. The medical care we offer is limited to pregnancy diagnosis and includes positive pregnancy test verification when requested. Please contact one of the doctors or clinics on our referral sheet for your follow-up prenatal care as soon as possible. If you are applying for Medi-Cal or AIM, it is important that you do so right away. Early prenatal care is essential for the health of you and your baby.

WARNING SIGNS OF PREGNANCY

Watch for these danger signs while you are pregnant:

Call your doctor right away if you have:

- Fever or chills, with temp over 102 F or 38.8 C
- Any bleeding from your vagina.
- Severe vomiting or diarrhea.
- Severe abdominal pain and /or continual cramping, not relieved by bowel movement.
- Frequent, painful or burning urination (pee)

Don't wait. Call right away if you:

- Have a really terrible headache, or headache that goes on for days.
- Feel dizzy
- Have any change in your eyesight-blurred vision; see stars or pinpoints of light.
- Face & hands swell up.

Later in Pregnancy, You should also call right away if you have:

- There is a big change in the way your baby moves, or if your baby moves less often or is not moving.
- A sharp pain when you urinate.
- A sudden gush or trickle of fluid from your vagina.

You may have signs of early labor (after 20 weeks but before 37 weeks):

CALL RIGHT AWAY if:

- Your uterus tightens up more than 5 times in one hour, or more often than every 10 minutes.
- You have lower backache. You may feel pain or dull pressure in your back.
- Your lower abdomen may hurt. You may feel pain or pressure in your thighs or around your vagina.
- You have a stomach ache or cramps. You may have diarrhea.
- You see a change in the discharge that comes out of your vagina.

If you have any of the following: GO TO THE NEAREST EMERGENCY ROOM!!

- **You have any injury to your abdomen, fall or are in any car accident.**
- **Severe vaginal bleeding and/ or severe abdominal pain.**

Palomar Medical Center ER. 2185 Citracado Parkway. Escondido CA 92029 442-282-5000
Tri-City Medical Center 4002 Vista Way, Oceanside CA 92056 760-724-8411
Pomerado Hospital 15615 Pomerado Rd. Poway 92064 858-613-4000

MISCARRIAGE AND ECTOPIC PREGNANCY

This routine handout is given to our pregnant clients. Our desire is that you are fully informed.

MISCARRIAGE	ECTOPIC PREGNANCY
<ul style="list-style-type: none">• Description<ul style="list-style-type: none">○ A miscarriage is the loss of a pregnancy before 20 weeks. It is also called a spontaneous abortion by medical personnel.○ Having a miscarriage is fairly common before thirteen weeks of pregnancy. It is estimated that 15-20% of all pregnancies will end in miscarriage.• What Causes Miscarriage?<ul style="list-style-type: none">○ Most miscarriages happen when the fertilized egg (in the uterus) does not develop normally. The reason for this is usually unknown.○ Lifestyle factors such as smoking, drinking alcohol, or illegal drug use can increase the risk of miscarriage.○ Exercise, working, sexual intercourse, or using birth control pills (before getting pregnant) does not increase the risk of miscarriage.• Signs That May Indicate Miscarriage<ul style="list-style-type: none">○ Spotting or bleeding is the most common sign. But most women with spotting or bleeding (in early pregnancy) will normally continue their pregnancy.○ Persistent bleeding with cramping in the belly, back, or pelvis.○ A gush of fluid from the vagina with or without pain or bleeding.○ Passing tissue from the vagina.	<ul style="list-style-type: none">• Description<ul style="list-style-type: none">○ A fertilized egg attaches (implants) out-side of the uterus. Most ectopic pregnancies occur in the fallopian tube. This is why it is also called a tubal pregnancy.○ Ectopic pregnancy has become more common. Approximately 1 in 50 pregnancies is ectopic.• What Causes Ectopic Pregnancy?<ul style="list-style-type: none">○ Women who have abnormal fallopian tubes have a greater risk for ectopic pregnancy. Some (but not all) of the reasons for abnormal fallopian tubes are listed below:<ul style="list-style-type: none">▪ Pelvic inflammatory disease▪ Previous ectopic pregnancy▪ Sexually transmitted diseases▪ Endometriosis▪ Pelvic or abdominal surgery○ Smoking and advancing age may increase the risk for ectopic pregnancy.• Signs That May Indicate Ectopic Pregnancy<ul style="list-style-type: none">○ Vaginal bleeding (light or heavy) that is not at the time of your normal menstrual period.○ Abdominal or pelvic pain that is either sharp without relief, or comes and goes. This pain may occur on one side.○ Shoulder pain○ Weakness, confusion, and blackouts which can happen with blood loss.

Miscarriage and ectopic pregnancies can have serious complications. ***Please call your doctor immediately or seek medical care at your local hospital Emergency Room if you have any of the signs or symptoms listed above.***

Call 911 if you have severe pain or severe bleeding and/or signs of shock. Signs of shock may include blackouts, lightheadedness, restlessness, confusion, weakness, moist skin or profuse sweating, and a fast heart rate. Source of information for this handout: American Congress of Obstetricians and Gynecologists, <http://www.acog.org/>

Your feelings after loss of pregnancy: If you experience a loss of pregnancy, we want to be there for you. We genuinely grieve with you over the loss of your baby and will pray for your comfort and recovery. Our desire is to offer emotional support to you (and those close to you) during this difficult time. Give us a call at (760) 741-9796 and let us help you.

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