

Call your LMC urgently if you have:

- Severe abdominal pains, cramps or contractions, bad enough to go to A&E / the hospital
- Leaking water that fills or saturates a sanitary pad (not a panty liner)
- Any fresh red vaginal bleeding the same or worse than your normal period
- Significant changes of baby movements in pregnancy after 28 weeks
- Hot and cold flushes, with pain, in your breasts, vagina/perineum or on passing urine
- Headaches with blurred vision or flashing lights, that doesn't improve after taking Panadol/paracetamol

If I am away the voicemail message will give you a contact and a phone number to ring