Staying In Touch With Your Body

By Sidelines High-Risk Pregnancy Support

When it comes to protecting yourself and your baby from pregnancy complications, early detection is the key to successful treatment. Being informed and aware of early warnings signs can make all the difference. Pay attention to your body, learn what is "normal" for you, and do not hesitate to report even one of these symptoms to your doctor; be persistent and always have the problem checked out!

Signs and Symptoms of Preterm Labor

- Regular uterine contractions or tightening sensation in stomach (often painless)
- Continuous or intermittent menstrual-like cramps (constant or occasional)
- Low, dull backache
- Pelvic pressure
- Abdominal cramping, with or without diarrhea
- Increase or change in vaginal discharge
- A nagging feeling that something is not right

Symptoms of Gestational Diabetes

- Excessive thirst or hunger
- Unusual frequency of urination
- Chronic fatigue
- Blurred vision

Symptoms of Hypertension or Preeclampsia

- Persistent strong headaches or dizziness
- Visual disturbances, blurred vision, flashing spots or silver waterfalls
- Rapid weight gain (two or more pounds in one week) accompanied by swelling in hands, feet, ankles or face (called edema)
- Inability to urinate or infrequent urination
- Stomach pains
- Decrease in fetal movement