WHEN TO CALL PROVIDER

Signs of preterm labor
• Bleeding, spotting or fluid leaking from your vagina
• Contractions: five or more in 1 hour
• Cramps that may feel like your period
• Lower backache
• Pelvic pressure that feels like the baby is pushing down

Bladder infection
• Pain or burning when urinating

Hypertension
• Severe headache
• Spots in your vision/blurry vision
• Severe swelling of your hands, feet or ankles
• Baby not moving or moving less
• Call when your provider has told you to call

Important phone numbers

Office/Clinic

If office or clinic is closed

Emergency calls

Labor & Delivery

Know the directions to your hospital or birth center

Please call your care provider before leaving for the hospital or birth center.

This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. You are free to print and share, just don’t change it, use parts of it, or sell it.

800-795-9295 • NoodleSoup.com From OB Visit Card (#2310).
<table>
<thead>
<tr>
<th>Date</th>
<th>Baby's age</th>
<th>Weight</th>
<th>Blood pressure</th>
<th>Sugar/protein</th>
<th>Baby's heart rate</th>
<th>Fundal height</th>
<th>Due date</th>
<th>My goal weight is</th>
</tr>
</thead>
</table>

**Lab results:**
- Blood type/Rh factor
- Antibody
- Hematocrit
- Rubella
- Hepatitis B
- STDs
- Pap test
- Other

**Regular visits:**
- Monthly until 28 weeks
- Every two weeks from 28-36 weeks
- Every week from 36 weeks to birth

**Ultrasound**

<table>
<thead>
<tr>
<th>Date</th>
<th>Results</th>
</tr>
</thead>
</table>

**Notes**