Important Signs to Watch For If You are Pregnant

- Bad cramps or stomach pains that don't go away
- Spotting or bleeding from your vagina
- Trickle or gush of fluid from your vagina
- Lower back pain/pressure, or change in lower backache
- A feeling that the baby is pushing down
- · Contractions, or change in the strength or number of them
- An increase in the amount of vaginal discharge
- Fever, chills, dizziness, vomiting or bad headaches
- Blurred vision or spots before your eyes
- Sudden or severe swelling of your feet, hands or face
- · A decrease in your baby's movement
- · Being in a motor vehicle accident



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