



# COMPLICATED PREGNANCIES

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## RECOGNIZE THE SIGNS OF COMPLICATIONS

Being familiar with the signs of  
pregnancy complications can help you

catch diseases in the early stages, and have an overall healthier pregnancy. Normal experiences during pregnancy include nausea, tiredness, and vomiting. Here is a list of some symptoms that might mean you have a complication.

If you are experiencing the following, you should take note and speak to a doctor as soon as you can.

- ◇ Bleeding/leaking vaginal fluid
- ◇ Blurred vision or seeing flashes/spots of light
- ◇ Unusual or severe abdominal pain or backaches

- ◇ Strong cramps
- ◇ Frequent, severe, or continuous headaches
- ◇ Uterine contractions
- ◇ Decrease in your baby's movements
- ◇ Dizziness/Fainting
- ◇ Excessive vomiting or diarrhea
- ◇ Fever at or above 100 F/38 C
- ◇ Pain or burning during peeing
- ◇ Inability to pee

- ◇ Chills
- ◇ Severe or sudden swelling of your hands, face, or feet
- ◇ Inability to tolerate food or liquid
- ◇ Convulsions

For specific pregnancy complications, you should reference the “Gestational Diabetes,” “Premature Birth,” and “Pre-eclampsia” sections in the app.