

After 37 weeks gestation/when expecting labour:

- heavy vaginal bleeding (that isn't the mucous show – see page 56)
- a reduction or change in your baby's movements
- contractions that are becoming strong and regular in pattern
- water leaking from the vagina, water's 'breaking'
- moderate/severe constant abdominal pain
- feeling unwell or worried something is wrong
- ANY of the symptoms in the previous table

**Call your maternity triage/assessment unit
OR
birth centre/ planned place of birth
at your booked maternity hospital**

A list of the important phone numbers that you need can be found at the back of this booklet. You can also ask your doctor or midwife to give you the important numbers that you need.

It is not advised that you call 999 or 111 for advice, or for an ambulance. Please call your local maternity triage/ Birth Centre directly for advice. If they feel it is necessary, they will recommend that you call an ambulance (999). We do not recommend using the NHS 111 service for pregnancy-related advice. Ambulances are for medical and life-threatening emergencies only, and should not be used as a mode of transport to hospital in labour without the advice of a medical professional.