

Urgent and emergency contacts

Before 18-20 weeks gestation:

- high fever (temperature over 37.5°C)
- pain or burning on passing urine
- flare-ups of any pre-existing conditions
- repeated vomiting or diarrhoea with difficulty in keeping fluids down
- any non-pregnancy related concerns, such as skin concerns or a persistent cough
- spotting or light vaginal bleeding

**Call your GP
OR local
Urgent Care Centre
if out of hours**

- heavy bright red vaginal bleeding
- moderate/severe abdominal pain.

**Call your local Early
Pregnancy Unit OR
Accident & Emergency
Department**

Early pregnancy units in Suffolk and North East Essex

Colchester Hospital	01206 747 474
Ipswich Hospital	01473 712233
West Suffolk Hospital	01284 713000

Please note you can't always self-refer to the early pregnancy unit, and you may need a referral from your GP or A&E department first