

# 怀孕时致电医生的理由

## Reasons to Call Your Provider During Pregnancy (Chinese)

如果出现以下迹象和症状，请致电您的医生：

**Call your provider if you have any of the following signs and symptoms:**

- 有血液或者其他液体从您的阴道流出 Blood or other fluid leaking from your vagina
- 如痛经般的严重绞痛或者后背疼痛 Severe menstrual-like cramping or backache
- 持续疼痛，尤其是腹部疼痛 Continuous pain, particularly abdominal pain
- 持续呕吐 Continuous vomiting
- 打冷颤 Chills
- 发烧（体温为华氏 101° 或者更高）Fever of 101degrees Fahrenheit or higher
- 排尿时有烧灼感 Burning when you urinate
- 持续头痛 Continuous headache
- 视力模糊 Blurry vision
- 双手或者面部突然肿胀 Sudden swelling of your hands or face
- 在一个小时内至少出现 5 次子宫收缩 5 or more uterine contractions in 1 hour
- 自 24 周起，胎动减少：胎儿在短期内保持安静是正常的，大约在孕期的最后一个月，胎动的幅度可能会有所减小，这是因为宝宝的体型变大了，无法完全伸展开来。如果您觉得和往常比，宝宝动得少了，那么您可以坐在一个安静的地方，观察胎动。如果在您观察的那一个小时内，胎动的次数没有达到 4 次，请致电您的医生。

Decreased fetal movement at 24 weeks or more: It is normal for babies to be quiet for short periods of time, and sometimes the movements are smaller in the last month or so of pregnancy when the baby is bigger and not able to stretch out well. If you feel the baby is moving less than usual, sit in a quiet place and monitor the movements. **Call your healthcare provider if the baby does not move 4 times in the hour that you are monitoring.**

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