Referral during Pregnancy
There are some danger signs that a pregnant woman needs to watch out for. If any of these signs are noticed, she should be referred to a health facility.

This booklet tells you what these signs are and what action needs to be taken in each case.
Emergency Signs
Bleeding from vagina

How to recognize
- Bleeding – any amount (bright red bleeding or clots or tissue)

What to do
- Refer to First Referral Unit or District Hospital
Loss of foetal movement

How to recognize

- Mother does not feel baby moving or kicking
- Severe abdominal pain

What to do

- Refer to First Referral Unit or District Hospital
Headache/Dizziness/Blurred vision

How to recognize

- Severe headache and blurred vision
- Severe headache and spots before the eyes

What to do

- Refer to First Referral Unit or District Hospital
Swollen face or hands

How to recognize

- Swelling on the back of palms
- Swelling on face

What to do

- Refer to Primary Health Centre or District Hospital or First Referral Unit
Convulsions/Fits

How to recognize

- Eyes roll, face and limbs twitch, body gets stiff and shakes, fists remain clenched

What to do

- Refer to First Referral Unit or District Hospital
Non-emergency Signs
Severe anaemia

How to recognize

- Very pale tongue
- Weakness
- General swelling in body

What to do

- Refer to Primary Health Centre or District Hospital
- Remember this is life-threatening. Non-emergency means that one need not rush at once and one can take a couple of days to go to the health facility.
- Delivery must be conducted where blood transfusion facility is available.
Night blindness

How to recognize

- Difficulty in seeing things in late evening or after dark

What to do

- Refer to ANM or Primary Health Centre or District Hospital
Fever

How to recognize

- Skin feels warm
- Temperature is more than 100 degree F (37.8 degree C)

What to do

- Take Paracetamol tablets
- Refer to Primary Health Centre if no relief after 48 hours
Problems in urination

How to recognize

- Frequent urination and urgency
- Pain or burning when passing urine

What to do

- Drink plenty of water
- Refer to Primary Health Centre, if no relief after 24 hours
White discharge

How to recognize
- Passage of white discharge
- Itching in private parts

What to do
- Refer to Primary Health Centre or Hospital, if no relief after 5 days
Skin problems

How to recognize

- Skin rashes with itching (may also be present in other family members)
- Presence of pus filled boils
- Scabies

What to do

- For boils, apply hot fomentations to the area thrice daily
- Refer to Primary Health Centre, if no improvement after 2 days
- For scabies, refer to ANM or Primary Health Centre
Bad obstetric history

How to recognize

- Any past history of abortion, stillbirth or death of newborn
- Any complications in last pregnancy, especially one which required surgery

What to do

- Refer to Community Health Centre or District hospital
- Delivery must be conducted where there is C-section available (FRU)
Multiple pregnancies

How to recognize

- Usually suspected by ANM or by doctor after abdominal examination. Confirmed by ultrasound examination.

What to do

- Refer to Community Health Centre or District Hospital for Ultrasound examination and confirmation.

- Delivery must be conducted where complications can be managed.
Malpresentation

How to recognize

- Abdominal examination by ANM or doctor reveals position of baby is not head first in last month of pregnancy. Confirmed by ultrasound examination.

What to do

- Refer to Community Health Centre or District Hospital as advised by ANM.