

- I recently felt the **baby, fetal parts, placenta, or umbilical cord** coming out of the vagina and my gestational age is 13 weeks or more.
- I'm currently **losing a lot of blood from the vagina** (bright red blood, coming out continuously, in a quantity that is substantially higher than what I usually lose on the 1st day of my period) or I've recently been **feeling faint or lightheaded**.
- I've been having **very frequent uterine contractions** (pain or a sensation of tightening in the lower abdomen, lasting 0.5-2 minutes, occurring regularly at intervals shorter than 5 minutes, or that are accompanied by the urge to push) and my pregnancy is 13 or more weeks.
- I've been told that I lost consciousness a short while ago.
- I've been told that I had a seizure a short while ago.
- I've been having great difficulty breathing.

Bibliography

Direção Geral de Saúde. Norma 001/2023 - Organização dos cuidados de saúde na preconção, gravidez e puerpério (atualização 23/03/2026)



UNIDADE LOCAL DE SAÚDE
SANTA MARIA



**SYMPTOMS THAT SHOULD LEAD YOU TO
CONTACT YOUR HEALTHCARE SERVICES,
THE SNS 24 LINE, OR EMERGENCY LINE**

UNIDADE LOCAL DE SAÚDE SANTA MARIA

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In which situations should I try to contact the healthcare professional proving antenatal care or schedule an appointment at the health centre?

- I've been **vomiting frequently** (after almost every meal or more than 6 episodes per day) but I do not vomit when taking liquids and medications, I haven't lost more than 3 kg since the beginning of the pregnancy, and I do not have diabetes.
- I measured my blood pressure at rest recently and the **systolic pressure was between 140-149 mmHg** or the **diastolic pressure was between 90-99 mmHg**, and before they were usually normal. I don't have a headache or stomach pain, my hands and face have not become very swollen lately, and I have no visual complaints (appearance of lights, black spots, or persistently blurred vision).
- I've been experiencing **itching practically over my whole body**, but it is tolerable (I can work, entertain myself, and sleep despite the itching), my eyes have a normal colour, and my urine has a normal colour.
- I've been feeling the **urge to urinate more frequently**, but don't have a fever, back pain, and have not been passing blood in the urine.
- I recently noticed an abnormal **vaginal discharge** (associated with vaginal burning, vaginal itching, in greatly increased quantity or with an unpleasant smell), but I don't have a fever or lower abdominal pain.
- I've been experiencing **continuous pain in the genital or breast area**, but it is tolerable (I can work, entertain myself, and sleep despite the pain), I don't have a swelling, lump, or wound in the area, I don't have a fever, and there is no pus being discharged from the area.
- I recently noticed a **lump, swelling, or wound in the genital or breast area**, but haven't had any recent trauma to that area, don't have a fever, and there is no pus or blood being discharged from the area.
- I **suspect there is a foreign object in my vagina** that I cannot remove, but I don't have a fever, bright red vaginal bleeding, abnormal vaginal discharge with an unpleasant smell, or important vaginal discomfort or pain.



In which situations should I call the SNS 24 pregnancy line? 808242424

- I've been **vomiting frequently** (after almost every meal or more than 6 episodes per day), and I vomit almost every time I try to drink or take medication, or I've more than 3 kg since the beginning of pregnancy, or I have diabetes.
- I measured my blood pressure at rest recently and the **systolic pressure was above 150 mmHg** or the **diastolic pressure was above 100 mmHg**, or there has been an **increase of more than 20 mmHg in systolic or diastolic pressures** compared with my usual value. If the increase in blood pressure is below these values, call if it is accompanied by **persistent headaches, or stomach pains, recent swelling of the hands or face, or if you have recent visual complaints** (appearance of lights, black spots, or persistently blurred vision).
- I've been experiencing **itching practically over my whole body** and it has become difficult to tolerate (I cannot work, entertain myself, or sleep due to the itching), or my eyes have a yellowish colour, or my urine is much darker than usual.
- I've recently felt the urge to **urinate much more frequently**, and in addition, I've had a fever, persistent back pain, or blood in my urine.

- I recently noticed an abnormal **vaginal discharge** (associated with vaginal burning, vaginal itching, in greatly increased quantity, or with an unpleasant smell) and in addition I've had a fever or persistent lower abdominal pain.
- I've been experiencing **continuous pain in the genital or in the breast area**, and it is disturbing (I cannot work, entertain myself, or sleep with the pain), or there is a swelling, lump, or wound in this area, or I have a fever, or pus is coming out of this area.
- I recently noticed a **lump, swelling, or wound in the genital or in the breast areas**, and I recently suffered trauma to this area, or I have a fever, or blood or pus is being discharged from this area.
- I **suspect there is a foreign object in my vagina** that I cannot remove, and I have a fever, or bright red vaginal bleeding, or abnormal vaginal discharge with an unpleasant smell, or important vaginal discomfort or pain.
- I recently had an **abdominal trauma** or a **serious accident** (assault, car accident, fall from higher than my own height), but I don't have serious injuries on my body and I can move without any difficulty.
- I've been **feeling my baby moving less** (I've been very attentive to the baby's movements during the last 4 hours and have felt less than 10 movements, or I've been counting the baby's movements daily and the time it takes to feel 10 movements has increased substantially in the last 3-5 days).
- I recently felt the **baby, fetal parts, placenta, or umbilical cord** coming out of the vagina and my gestational age is 13 weeks or less (this does not apply if you are in the process of a programmed abortion).
- I'm currently **losing a lot of blood from the vagina**, but it does not come out continuously, the quantity is not substantially higher than what I usually lose on the 1st day of my period, and I haven't recently been feeling faint or lightheaded.
- I've been having **frequent uterine contractions** (pain or a sensation of tightening in the lower abdomen, lasting 0.5-2 minutes, occurring regularly at intervals shorter than 10 minutes, these started more than 60 minutes ago, and are not relieved by rest; or I have felt more than 10 contractions in the last 8 hours).
- I've recently been feeling **constant pain in the lower abdomen** and it is disturbing (I cannot work, entertain myself, or sleep with the pain), or it is associated with fever, blood loss from the vagina, abnormal vaginal discharge with an unpleasant smell, loss of transparent fluid from the vagina, or reduced movements of the baby.
- I've recently felt **transparent fluid** coming out of the vagina, and it soaked more than my underwear, or is associated with a fever, or with vaginal discharge with an unpleasant smell, or it is a green-coloured fluid, or a blood-stained fluid, or there is continuous pain in the lower abdomen, or frequent uterine contractions, or reduced movements of the baby.
- I've recently been having a **fever**, associated with constant pain in the lower abdomen, or with abnormal vaginal discharge with an unpleasant smell, or with constant back pain.
- I was recently a **victim of sexual assault**.



In which situations should I call the emergency line? 112

- I recently had an **abdominal trauma** or a **serious accident** (assault, car accident, fall from higher than my own height), and have serious injuries on my body, or I cannot move easily.