



Early pregnancy bleeding or pain

Light spotting in early pregnancy is common and often settles, but bleeding or pain should be checked to make sure the pregnancy is in the womb and progressing.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ I have a positive pregnancy test
- ☐ I have spotting or light bleeding
- ☐ I have heavy bleeding, or pass clots or tissue
- ☐ I have cramping or period-like pain
- ☐ My pain is on one side
- ☐ I have pain at the tip of my shoulder
- ☐ I feel faint, dizzy or very unwell
- ☐ I have had an ectopic pregnancy or surgery on my tubes before
- ☐ I have an IUD (coil) in place

GET HELP NOW IF

- Heavy bleeding, soaking a pad in under an hour
- Severe pain, especially on one side
- Shoulder-tip pain, fainting or dizziness
- Fever or smelly discharge

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



DETAILS FOR YOUR VISIT

First day of last period	
Date of positive test	
When bleeding started	
Amount of bleeding	
Pain: where, and how bad (0 to 10)	
Previous pregnancies	

BEFORE YOUR VISIT

- Note the first day of your last period.
- Bring any previous scan reports.
- An early scan may be needed; ask whether to come with a full or empty bladder.
- Bring someone with you if you can.

QUESTIONS YOU MAY WANT TO ASK

- Is the pregnancy in the womb?
- Do I need a scan or blood tests, and when?
- What should I watch for at home?

