

Where to Go for Care

FOR PREGNANT & POSTPARTUM PATIENTS

Call your prenatal care provider if you have any questions about new or concerning symptoms.



PRENATAL CARE PRACTICE

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The first place to call if you need an appointment or have questions about your pregnancy and reproductive care.

OPEN: Weekdays. Call 24/7 if you have any questions about your obstetric care.

CALL THE OFFICE IF YOU HAVE:

- Noticed the baby is not moving as much as normal
- Depression or anxiety
- New urinary or pelvic pain
- Possible signs of labor
- Vaginal spotting
- Urinary or vaginal irritation
- Redness or swelling around wounds
- An incision that is not healing
- A temperature of 100.4F or higher



OB EMERGENCY DEPARTMENT

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Fast care for urgent pregnancy related health conditions. Please call your provider's office on the way to the OB ED.

OPEN: Always. Located on Labor & Delivery.

GO HERE IF YOU:

- Think you are in labor
- Think your water broke
- Have warning signs of preeclampsia
 - Seizure
 - Severe headache
 - Extreme swelling in your face, leg, or arm
- Fainting or dizziness
- Have sudden, heavy vaginal bleeding
- Have had a fall to make sure your baby is okay
- Have not felt the baby move
- Have severe belly or pelvic pain



EMERGENCY ROOM

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Fast care for life-threatening conditions, including a heart attack, blood clot, severe car accident, or stroke.

OPEN: Always.

GO HERE IF YOU HAVE:

- Chest pain
- Broken bone
- Mental health crisis (repetitive thoughts of hurting yourself or the baby)
- Shortness of breath or difficulty breathing
- Difficulty seeing, trouble speaking, or your face is drooping to one side

MaineHealth

This is a general guide. Cost, hours and available treatment will vary.