

COMMUNICATE WITH YOUR HEALTHCARE PROVIDER

- If you notice **any change in your baby's movement patterns**, *DO NOT WAIT until the morning or your next appointment.*
- If you experience any **bleeding** during the second half of your pregnancy
- If your blood sugar is too high or too low
- If you have been exposed to a communicable (contagious) disease such as Covid, chicken pox, measles, etc.
- **Know your risk.** If you know you are at a higher risk for stillbirth, discuss with your healthcare provider the examinations, appointments, and testing you will need to closely monitor your pregnancy.

