

# Augusta Health OB/GYN

## When to Contact Your Doctor or Midwife

**\*It is always okay to be evaluated at the hospital for your concerns; you do not have to call your provider first if you want an in-person evaluation.**



**Are you worried?** Contact your doctor or midwife - however minor you may think it is. It is better to find out it may be a false alarm than ignoring problems that could harm your baby.



**Are you bleeding?** Always get advice for any vaginal bleeding - whether it is a small or large amount, dark or bright colored.



**Do you have a headache that won't go away, blurred vision, or spots before your eyes?** Are you more than 20 weeks pregnant, have swelling in your hands or face, or persistent swelling of your feet? Do you have a high temperature, are feeling dizzy, or have fainting and vomiting that won't stop? Contact your doctor or midwife.



**Are you more than 26 weeks pregnant and is your baby moving less than usual?** Have you not felt any movements in the last 12 hours? Contact your doctor or midwife.

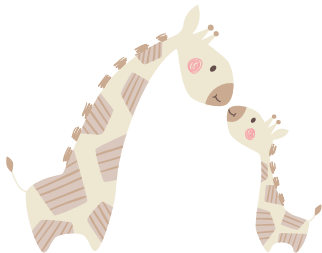


**Waters has broken (ruptured membranes)?** If your water has broken (ruptured membranes), or any fluid loss from your vagina, please contact your doctor or midwife. Your water may break at the beginning of labor or before the start of labor.



**Do you have any abdominal pains that are not helped by Tylenol or that last more than a couple hours?** Are you less than 37 weeks pregnant? Contact your doctor or midwife.

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Choosing a pediatric care provider for your infant is an important part of preparing for a new baby. There are many things to consider when choosing a pediatrician including the *location of office, office hours, walk-in appointments, and insurance coverage.*

## Pediatricians in Augusta County, VA:

- UVA Augusta Pediatrics (540) 932-4298
- Valley Pediatric Group (540) 885-8143

## Pediatricians in Harrisonburg, VA:

- Bluestone Pediatrics (540) 437-4800
- UVA Pediatrics of Harrisonburg (540) 434-3004
- Hanon Pediatrics (540) 908-3366
- Mountain Ridge Pediatrics (540) 217-5333
- Harrisonburg Community Health Center (540) 689-1000

## Pediatricians in Shenandoah/Page County, VA:

- Shenandoah Pediatrics (540) 459-1325

If you would like help finding a family practice physician, please contact **1-833-AHC-HLTH.**