

If you have any of these symptoms before 37 weeks then contact your local maternity unit

- **Change in vaginal discharge (watery, mucus like or bloody)**
- **Vaginal bleeding**
- **Constant, low, dull back ache**
- **Pressure down below**
- **Mild period like cramps**
- **Regular or frequent tightenings which may be painless**
- **A gush of fluid or pop sensation - which can mean your waters have broken**

