OB Triage Action Plan

What is OB triage?

- An emergency room for pregnant people.

Who should be seen in OB triage?

- If you are more than 20 weeks pregnant.
- You have an urgent problem that cannot wait for the clinic to open.
- You have been sent by a doctor or midwife for evaluation.
- You need testing that cannot be done in the clinic.

Call your OB clinic within 48 hours.



- Cold symptoms or a sore throat.
- Toothache or ear ache.
- Change in vaginal discharge or loss of mucous plug.
- Constipation.
- Nausea or vomiting 1 to 2 times a day after you are 24 weeks pregnant.
- You need a prescription refill.

Go to labor and delivery triage if symptoms do not resolve.



- Vaginal spotting not related to a recent vaginal exam or sex.
- Persistent, strong cramping or contractions for more than 1 hour after you drink water and rest (if you are less than 37 weeks pregnant).
- Strong contractions every 5 minutes or closer for 2 hours after you are 37 weeks pregnant.
- Decreased fetal movement after you are 24 weeks pregnant.
- Fever that is above 100.4°F.
- Diarrhea or vomiting more than 5 times a day.
- One leg is red, swollen, and painful.

Go to the emergency department or labor and delivery triage right away.



- Have a seizure or faint.
- Vaginal bleeding that is more than just spotting.
- Feel something in your vagina or your water breaks.
- You have trouble breathing or feel short of breath.
- Constant chest pain.
- Trauma to the abdomen.
- Severe headache, blurred vision, or vision changes.

Call your doctor, midwife, or OB clinic if you have questions or concerns.