

Alternatives Medical Clinic

257 East 2nd Avenue
Escondido, CA 92025
760-741-9796
www.amc-ca.com

We are glad you came in for your appointment. The medical care we offer is limited to Pregnancy Diagnosis. Please contact your doctor or a clinic for your follow-up care as soon as possible. Please be sure to be tested for STI's before any proceeding with any procedure that could introduce an infection into your uterus.

Please note these warning signs and take appropriate measures as listed.

Note when to go to ER!

WARNING SIGNS OF PREGNANCY

Watch for these danger signs while you are pregnant.

Call your doctor right away if you have:

- Fever or chills, with temp over 102 F or 38.8 C
- Any bleeding from your vagina.
- Severe vomiting or diarrhea.
- Severe abdominal pain and/or continual cramping not relieved by bowel movement.
- Frequent, painful or burning urination (pee)

Don't wait. Call right away if you:

- Have a really terrible headache, or headache that goes on for days.
- Feel dizzy
- Have any change in your eyesight-blurred vision; see stars or pinpoints of light.
- Face & hands swell up.

If you have any of the following: GO TO THE NEAREST EMERGENCY ROOM for evaluation!!

- You have any injury to your abdomen, fall or are in any car accident.
- **Severe vaginal bleeding and/or severe abdominal pain.**
- **Ectopic Pregnancy Signs: Feel weak, faint with abdominal pain and or cramping. Pain may extend to shoulder. Bleeding (may be slight)**

Palomar Medical Center ER,
2185 Citracado Parkway,
Escondido, CA 92029
442-282-5000

Tri-City Medical Center
4002 Vista Way,
Oceanside, CA 92056
760-724-8411

Pomerado Hospital
15615 Pomerado Rd.
Poway, CA 92064
858-613-4000