

Evita GyneCare Clinic

evitagynecarehospital.com

Early Pregnancy Bleeding / Pain Self-Check

Self-awareness only. Use this to decide if you need urgent care
or a check-up.

Tick what applies:**Symptoms**

- Bleeding/spotting in early pregnancy.
- Cramping or lower abdominal pain.
- One-sided pelvic pain.
- Shoulder-tip pain, dizziness, or fainting.

Risk context

- Previous ectopic pregnancy or tubal surgery.
- IUD in place or recent fertility treatment.
- Not yet scanned / pregnancy location unknown.

Other

- Fever or foul-smelling discharge.
- Severe nausea/vomiting with dehydration.

Quick notes (fill in):

Weeks pregnant (approx): _____

Bleeding: spotting

moderate heavy

Pain score (0-10): _____

Book a check-up if ANY apply:

- Any bleeding in pregnancy should be discussed—book evaluation.
- Pain + bleeding, or one-sided pain even without heavy bleeding.
- If you know you're Rh-negative, mention bleeding to your clinician.

Urgent care today if:

- Severe one-sided pain, fainting, shoulder-tip pain (emergency).
- Heavy bleeding with dizziness/faintness.
- Fever with pelvic pain.

**In early pregnancy,
acting early is an act of
protection.**

Bring this page and say: "I have bleeding/pain in early pregnancy and need assessment."

Important: Self-awareness only.
This does not confirm a diagnosis.

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Early Pregnancy Bleeding / Pain

Self-Check (visit prep)

Bring this page to help your doctor plan the right evaluation.

Bring / note these:

- First day of last period and positive test date(s).
- Bleeding amount and color; any clots/tissue.
- Pain: location (one-sided?), severity, triggers.
- Past ectopic/miscarriage, surgeries, IUD, fertility treatment.
- Any fever, dizziness, or shoulder-tip pain.

What your clinician may do:

- Assess stability; ultrasound timing based on symptoms and dates.
- Blood tests if needed to clarify pregnancy location/viability.
- Safe pain relief and follow-up plan.
- Emergency pathway if ectopic suspected.

You deserve clarity - and you deserve respectful care.

To book: evitagynecarehospital.com