

**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.

## **Evita GyneCare Clinic**

### **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](http://evitagynecarehospital.com)