

# Navigating care during pregnancy



When you need care right away during your pregnancy, we're here for you at Ascension Sacred Heart. This guide will help you decide the best place to go for care.

## Obstetrics Emergency Department (OBED)

Specially trained doctors, nurses, and care teams provide 24/7 emergency care for pregnancy-related emergencies at our OBED. If you are greater than 16 weeks pregnant and experiencing any of the following, visit the OBED:

- Any vaginal bleeding (more than light spotting)
- Severe abdominal pain or cramping
- Sudden swelling of the face, hands or feet
- Decreased or no fetal movement
- Severe or persistent headache or vision changes
- Preterm labor symptoms (contractions before 37 weeks)
- Leaking fluid
- Fainting/loss of consciousness
- High fever (101°F / 38.3°C or higher)
- Shortness of breath or chest pain



**Scan to learn more about women's healthcare on the Gulf Coast.**

*If you have an immediate OB emergency, proceed to the nearest emergency room (ER) or call 911.*



## Hospital emergency room

The ER at Ascension Sacred Heart treats severe or life-threatening illnesses, injuries and symptoms, including those directly related to pregnancy. If you are less than 16 weeks pregnant and experiencing any of the following, visit the ER on our hospital campus:

- Any vaginal bleeding (more than light spotting)
- Severe abdominal pain or cramping
- Sudden swelling of the face, hands, or feet
- Severe and persistent headache or vision changes
- Any trauma (e.g., car accident, fall)
- High fever (101°F / 38.3°C or higher)
- Shortness of breath or chest pain

## Emergency room

Ascension Sacred Heart emergency rooms outside of our main hospital campus treat many of the same emergencies as the hospital ER. If you are experiencing any of the following, visit one of our convenient ER locations:

- Persistent severe headache
- Dehydration (if you can't keep fluids down)
- Worsening fever that is not responding to medication
- Non-pregnancy-related abdominal pain that is severe

*Ascension Sacred Heart Pensacola and Emerald Coast provide dedicated OB emergency services. Please call your OB provider before going to an ER for a pregnancy-related concern.*

*ERs outside our hospital campuses may provide diagnostic services such as X-rays and lab work, but they may not have an OB provider on staff. If you need hospital admission for pregnancy-related care, you may be transferred by ambulance to a hospital that offers OB services.*

## Urgent care

Urgent care teams are ready to care for your non-emergent concerns, including:

- Cold or flu symptoms (sore throat, fever)
- Urinary tract infection (UTI) symptoms
- Minor injuries like sprains or small cuts
- Allergies or rash
- Nausea, vomiting or diarrhea that is not severe

*Always let the urgent care team know that you are pregnant. Urgent care clinics are not equipped to handle pregnancy-specific emergencies.*



**Visit [ascension.org/SacredHeart](https://ascension.org/SacredHeart) to find locations near you**

*If you have an immediate OB emergency, proceed to the nearest emergency room (ER) or call 911.*