

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

If you have an immediate OB emergency, please call 850-416-4401.

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

Please call your OB provider before going to an ER location for a pregnancy-related issue. While ERs outside of our hospital campuses have diagnostic tools such as X-rays and labs, they do not have an OB provider on staff. If you require hospital admission, you will be transferred by ambulance to a hospital.

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/GulfCoastWomens to find locations near you

If you have a life-threatening emergency, go directly to the nearest Ascension ER or call 911. Ascension Sacred Heart Pensacola provides dedicated OB emergency services.