



Bleeding in Mid-Late Pregnancy

What is it?

Bleeding in mid to late pregnancy is any bleeding from 20 weeks to full term. It can occur for many reasons such as issues with the placenta or cervix or accidents and trauma to the abdomen. Some pregnant women have ongoing light bleeding or spotting. Bleeding in the final weeks can be a sign labour starting.

If you have any bleeding, it is important to see your GP, obstetrician or hospital maternity ward. Bleeding doesn't always mean there's something wrong, but it should be checked out as soon as possible.

What will my GP do now?

Your GP will refer you to your lead maternity carer or obstetrician for an urgent review. Your care team will find out why you are bleeding and give you the best possible treatment to ensure a safe, healthy pregnancy and birth. You may need to visit the hospital for tests and ongoing monitoring.

What can I do?

It's important to take any cases of bleeding during pregnancy seriously. If you notice any bleeding during your second and third trimesters, contact your GP or hospital as soon as possible. You will need to talk about the amount of blood (heavy or light), colour and volume.

Bleeding during the final weeks can also be a sign labour is about to start. This bleeding is called a bloody show. Your maternity team will help you understand if your bleeding is the start of labour.



When should I call an ambulance?

Phone Triple 0 (000) immediately if you have heavy bleeding, light bleeding lasting more than a few hours, pain, cramps, fever, chills or contractions

What questions could I ask my doctor?

- Who do I call if it happens again?
- Who can I talk to if I'm feeling worried?
- Is this the start of labour?
- What do I do if the bleeding goes away?



What supports are available?

Pregnant women with bleeding during pregnancy are typically seen by their local hospital's birthing unit.

- Bankstown Hospital: phone **9722 7870**
- Fairfield Hospital: phone **9616 8260**
- Bowral and District Hospital: phone **4861 0224**
- Liverpool Hospital: phone **8738 5626**
- Campbelltown and Camden Hospital: phone **4634 4099**

Where can I learn more?

If you'd like to read more about bleeding in mid to late pregnancy, the following resources can help:

- **Pregnancy Birth & Baby** – bleeding during pregnancy: pregnancybirthbaby.org.au
- **National Health Service (UK)** – vaginal bleeding in pregnancy: nhs.uk