Bleeding in pregnancy

When to get help at any stage





Know who to call

Call 112 for emergency symptoms

Heavy bleeding that soaks a pad soon after you put it on, severe abdominal pain, shoulder-tip pain, faintness, dizziness or collapse needs immediate help.

Do not drive if you feel faint or unwell. Do not wait for a routine clinic appointment.

Ask for advice promptly



Call your maternity team. Escalate danger signs to 112.

Even light bleeding matters

Contact your maternity team or a clinician the same day for any spotting or bleeding, even if it is painless or has stopped.

If you cannot reach the team, seek urgent medical assessment. Bleeding later in pregnancy needs prompt maternity assessment.

The cause needs assessment

Bleeding does not always mean a miscarriage. It can have several causes, including an ectopic pregnancy, and cannot be diagnosed by colour or amount alone.

You may need an examination, ultrasound scan or blood tests. Early tests sometimes need repeating before the cause is clear.

Prepare for assessment

Tell the team

Give your pregnancy stage, when bleeding started, amount, clots, pain and whether you feel dizzy or faint.

Mention previous pregnancies, an earlier ectopic pregnancy, medicines and any recent test results.

Bring helpful information

Take maternity notes and your medicine list if easily available. Tell staff your blood group if known; they will decide which tests or treatment are needed.

Ask someone to accompany you if possible. Do not delay emergency help to collect belongings.

If sent home for follow-up

Keep every arranged blood-test or scan appointment. Ask who to call if symptoms change. New pain, heavier bleeding or faintness needs reassessment, even after an earlier reassuring visit.

Pregnancy weeks / due date

Bleeding / pain / other symptoms

Maternity contact / next assessment

Your clinic and care plan

Healthway Medical Centre
9 Mdina Road, Ħaż-Żebbuġ
ZBG 9015, Malta
+356 2033 1155
Mobile: +356 9952 5356
info@healthwaymalta.com
www.healthwaymalta.com

Mon-Fri 09:00-12:00 & 16:00-20:00
Saturday / public holidays 09:00-14:00
Sundays closed, including public holidays.

For emergencies, call 112. Do not wait for an email or clinic reply.

Tests and follow-up dates

Instructions from my maternity team

Guidance and further reading

NHS: Vaginal bleeding in pregnancy

Royal College of Obstetricians and Gynaecologists: Bleeding and/or pain in early pregnancy

Approved for publication 30 October 2026. Original illustrations; general information, not an individual diagnosis. Follow advice from your treating team.