

When to call for labor

This applies only to women who are 36 weeks or more.

Your contractions should be progressively getting stronger and closer together. The golden rule is 5 minutes apart that last 1 minute longer for at least 1 hour.

Your contractions should be strong enough that you must stop what you are doing including talking, and breathe through them.

If you have a history of rapid labor, please discuss this at your prenatal visit.

When your water breaks, the fluid will gush or leak. You will not be able to control it nor will it stop. Even if you are not having contractions, you should still call the office if your water breaks. If you are unsure if your water is broken, please call us.

If the baby is not moving as much as he/she normally moves:

- Eat or drink something

- Lay down on your side

- Count the baby's movements

If you do not count 3 movements in 30 minutes, flip to the other side and keep on counting for another 30 minutes. If within the hour the baby moves 6 times or less call the office.

If you're bleeding abnormally:

- Call the office if you are bleeding as heavy as a period

- It is not uncommon to spot or bleed after an exam or at the start of labor

- It is not uncommon to see a large strand of bloody mucous, also known as your mucous plus. You do not need to worry about the timing of your mucous plus and can wait to call until your labor signs meet the above criteria.

If you have a headache that won't go away with Tylenol, floaters in front of your eyes, epigastric pain or swelling in your face when you wake up in the morning call into the office.

Call the office 24 hours a day, 7 days a week when you go into labor: 303 228 1251