

LABOR INSTRUCTIONS

- Know your Group B status (GBS) and/or if you have been dilated when you call. If you are GBS positive (+), call when your contractions are 10-15 minutes apart.
- If this is your first baby, call when your contractions have been 5 minutes apart for one hour. Each of these contractions should be painful enough that you can not walk or carry on a conversation through them.
- If this is not your first baby, call when your pains are 10-15 minutes apart for one hour. If you live more than a 20 minute ride from the hospital, ask specifically when you should call.
- Call immediately if you experience a large gush of fluid, continuous leaking, or if you think your water breaks.
- Do not be alarmed if you have bloody show unless it becomes heavier than a menstrual period, in which case call. A small amount of show is normal after vaginal exams.
- Call the office if you are not feeling the baby's movements.
- If anything happens to alarm you about which you have not been warned, call immediately.
- Please call yourself when you are in labor or having any trouble. Others calling can be confusing and the doctors prefer to speak directly to you.
- It is not necessary to break traffic laws on the way to the hospital.
- Make sure you have chosen a pediatrician before you go to the hospital to deliver.
- Having a small bag packed and ready with a few essentials in it is advisable to avoid confusion when it is time to go to the hospital.