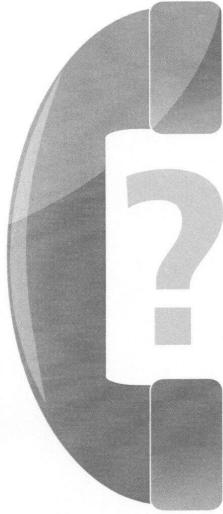




PREMIER  
WOMEN'S  
HEALTH

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This information will help when you enter labor, or when you might have a pregnancy complication. **Please do not go to the hospital without talking to the doctor first, unless you have a severe problem such as heavy bleeding. In that case, go to the nearest hospital or call 911.** If you do not receive a call back within 15 minutes, please call again.



## ABOUT CONTRACTIONS

Contractions usually begin in advance of active labor. It is only necessary to call when they are a consistent 5-6 minutes apart over at least 1-2 hours, and they cause a significant level of discomfort. If your previous labor was fast, or you had a c-section, please inform the doctor you speak with.

## ABOUT BLEEDING

In your last 3 weeks, it is common to have a light spotting, mucous or bloody discharge called "show" and it is not necessary to call **unless bleeding is heavier than menstrual flow, especially if it is bright red or associated with clots.** This show may reoccur a few times. It does not actually predict when you will go into labor.

## ABOUT RUPTURED MEMBRANES

Please call us when you think your water breaks. This is a watery flow, either clear, slightly bloody, or greenish. Please note the color if you can.

## ABOUT PAIN

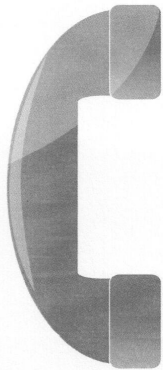
Some pain will accompany contractions. Strong consistent pain without relief is unusual and should be reported.

**\*NOTE: We ask that you keep your phone line open, so that we may return calls without receiving a busy signal!!!**

Remember, most labors take between 6 to 24 hours to complete. Be patient, stay calm, rest when you can, drink clear liquids, and refrain from eating large amounts of solid food.

## IF IT IS NOT CLEAR WHAT TO DO, PLEASE CALL

### IMPORTANT PHONE NUMBERS:



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