



**Women's Health For Life, Inc.**

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**Labor Instructions:**

1. If the water around the baby leaks or breaks (gush of water) whether contractions are present or not, go directly without waiting to the hospital. The nurses there will contact us.
2. If bleeding occurs heavier than just a small spot on a peri pad (larger than quarter size) whether contractions are present or not, go directly without waiting to the hospital. The nurses there will contact us. If you lose a large plug of mucus or strands, even with spotting, this is most likely your mucus plug and you should not go to the hospital unless other symptoms are present.
3. If you have contractions (without water breaking or bleeding) wait until they are regular and 3-7 minutes apart and lasting approximately one minute that are persisting, go then to the hospital. If your contractions are very mild and less than this you are most likely experiencing early labor, you may stay home until they are more regular. If you are contracting more than four times per hour and your baby is not due, go directly to the hospital. The nurses there will contact us.
4. If the baby has not moved, eat something and lay down. If the baby has not moved five times in 45 minutes, then go directly to the hospital. The nurses there will contact us.
5. If you have questions, call the office during office hours or if it is an emergency, call the office after hours to contact us. If you are unsure about when to go to the hospital, call the office after hours and we will talk with you directly. Please remove any blocks to phone calls and do not leave until you are called back. If you do not hear back within 20 minutes, recall the office to speak with the physician on call after hours.

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