

## Advice for the Lady in Waiting

**After hours HOTLINE 1-866-896-0856**

As the final weeks of pregnancy approach your thoughts and preparations turn toward delivery. During this last month you will be visiting the office every week. You should make a "dry run" to the hospital and take a tour of the facilities. *If you have not already returned the pre-registration forms, please do so now!*

We want to hear from you in the advent of any of the following four things happens:



**SEVERE, PROTRACTED PAIN** Although very unlikely to happen, acute and unrelenting pain anywhere in the abdomen or chest should not be ignored.



**BRIGHT RED OR HEAVY BLEEDING** A small amount of "bloody show," dark blood or blood mixed with mucus is not unusual. Profuse bleeding, though unusual, may signal other difficulties and should be reported immediately.



**RUPTURED MEMBRANES (BROKEN "BAG OF WATERS")** Amniotic fluid is thin, like urine, but does not have the same odor. It may be clear, with flecks of white material, or various shades of green or brown. Frequently it is blood tinged. If you are uncertain about ruptured membranes, PLEASE CALL. Once the membranes have ruptured, labor should be started. *This is especially important if your GBS (strep) culture is positive.*



**LABOR** You may already be noticing Braxton-Hicks contractions, which are a kind of "warm-up" exercise for the uterus. These are usually mild and irregular, with each contractions lasting up to several minutes. Labor pains are usually stronger and of shorter duration. Gradually they will become stronger, longer and closer together.



TRUE LABOR	FALSE LABOR
Pains at regular intervals	Irregular contractions
Intervals gradually shorten	No change
Duration and severity increase	No change
Pain starts in the back and moves to the front	Pain mainly in the front
Walking increases the intensity	No effect
Increasing uterine hardness as pain increases	No association
Often associated with bloody show	No bloody show
Sedation does not stop or slow down true labor	Effective sedation will stop false labor

***Unless you have been instructed otherwise, you should call us when your labor pains are coming every five minutes and are lasting forty-five to sixty seconds. They should be strong enough that you have to use your breathing techniques to get through them.***

In the event any of the four instances described above, it is time to contact us. Do not go the hospital without talking to the doctor on duty. Always call us yourself rather than your husband or another person. Be prepared to give other important information such as:

- Is this your first baby?
- Are you scheduled for a Cesarean?
- Have you had a previous Cesarean?
- Have there been any complications?
- Do you have a positive Strep culture?
- Do you have--
  - Twins?
  - Breech?
  - Diabetes?
  - High Blood Pressure?



During business hours you may call the office where you are seen. **After hours HOTLINE 1-866-896-0856.**

After we have spoken to you and determined that it is time to go to the hospital, we will call ahead and let them know you are coming in. You should have someone else drive! Go directly to the registration desk on the first floor of the Women's and Children's building at Fairfax Hospital.

We hope this information helps answer your questions. We look forward to sharing this happy time with you!