

LABOR INSTRUCTIONS

Once you are 37 weeks pregnant, you are considered full term. There are many changes that your body will be going through as it prepares for the birth of your baby.

NORMAL CHANGES:

- Increased pressure in your pelvis
- Increased vaginal discharge: this may be white, yellow, brown or even blood-tinged
- Increase in the intensity and frequency of contractions (your belly feels hard and tight)
- Back pain that may come and go or remain constant
- Feeling more tired and having more difficulty sleeping

SIGNS OF LABOR:

- Contractions are becoming more regular and stay regular
- Increased bloody discharge
- Leaking fluid: it may be clear, or colored but is usually the consistency of water

**Sometimes if you lay down, drink a big glass of water and rest, your contractions will go away on their own. If they go away, you are not in labor.

CALL THE DOCTOR IF:

- 1) Your contractions are uncomfortable (you need to stop what you are doing and breathe through them)

AND

Your contractions are every 5 minutes lasting 40-60 seconds for at least 2 hours*

- 2) You are feeling constant leaking that appears watery
- 3) You are bleeding heavy like a period (soaking a pad)

*If this is not your first baby and you have had a fast labor in the past and/or were dilated in the office, you may want to call the doctor after only 1 hour of uncomfortable, consistent contractions.

FOR YOUR COMFORT AND SAFETY, PLEASE ALWAYS CALL THE DOCTOR'S OFFICE FIRST BEFORE GOING TO THE HOSPITAL.

THE NUMBER TO CALL: 301-663-4545. WAIT FOR THE INSTRUCTIONS AND LEAVE A MESSAGE.

WAIT FOR THE CALL BACK FROM YOUR DOCTOR AND LEAVE YOUR PHONE LINE OPEN SO THAT THE DOCTOR'S CALL CAN COME THROUGH.

THIS IS AN EXCITING TIME IN YOUR PREGNANCY AND WE ARE HERE FOR YOU EVERY STEP OF THE WAY! SO STAY CALM AND ENJOY!