

A New Beginning  
*Obstetrics and Gynecology*  
An Affiliate of Capital Internal Medicine Associates, P.C

Labor Precautions

IF YOU ARE LESS THAN 36 WEEKS...

GO TO THE HOSPITAL IF:

- **CONTRACTIONS**–You have more than 6 contractions in an hour, even after you have rested and drank at least 16 oz of water.
- **VAGINAL BLEEDING**–You have bleeding requiring a pad.
- **LEAKING FLUID**–You have fluid leaking from your vagina, enough to soak a pad when you are walking around.
- **DECREASED FETAL MOVEMENT**–If you are not feeling your baby move, eat a snack and rest on your left side in a quiet room for one hour. If you still have not felt the baby move more than 6 times in that hour, go to the hospital

IF YOU ARE OVER 36 WEEKS...

GO TO THE HOSPITAL IF:

- **CONTRACTIONS**–You have strong and uncomfortable contractions your are unable to talk through (every 5 minutes for an hour if it is your first baby or every 7 minutes for an hour if you have had a baby before).
- **VAGINAL BLEEDING**–You have heavy bleeding, similar to a heavy period, not just spotting
- **LEAKING FLUID**–You have fluid leaking from your vagina, enough to soak a pad when walking around.
- **DECREASED FETAL MOVEMENT**–If you are not feeling your baby move, eat a snack and rest on your left side ina quiet room for one hour. If you still have not felt the baby move more than 6 times in that hour, go to the hospital.

**DO NOT CALL THE ON CALL DOC OR THE HOSPITAL, GO DIRECTLY TO THE HOSPITAL, THEY WILL CONTACT US AFTER YOU HAVE BEEN EVALUATED**