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LABOR INSTRUCTIONS

SUMMARY OF WHEN TO CALL

- For at least one hour contractions are consistently five (5) minutes apart or less.
- Ruptured Membranes-Water breaks
- Vaginal bleeding equal to menstrual period.
- Decreased Fetal Movements (less than four (4) movements in an hour after eating).
- Positive Group B Bets Step

EXPLANATIONS OF THE SIGNS OF LABOR

- Contractions – occur every (5) minutes or less from the beginning of one to the beginning of another. These last from 45-60 seconds and are felt as a strong tightening over the uterus. This is the best sign you are in labor. The contractions of false labor are shorter, do not get stronger or closer together with walking and may go away when you lie down. They may be intense but usually go away in a couple of hours.
- Ruptured Membranes – a gush of fluid that is often followed by a constant leak.
- Vaginal Bleeding - It is normal to have spotting after an internal exam or sexual intercourse. It is not necessary to call for light bloody flow, blood tinged mucous or if you lose your mucous plug.
- Decreased Fetal Movement – It is common for the intensity and frequency of fetal movements to diminish some later in pregnancy. However, please call if you notice less than four (4) movements in an hour after eating and while resting on your left side.
- This is an exciting time, but don't panic! (This is particularly true for husbands and in-laws!) First labors are usually a long progress in which it is best to spend the first part at home and the hard part (from "transition" on) at the hospital. Call 595-9905 day or night; after we return your call, we will call the hospital to make necessary arrangements.

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"...the joy of the Lord is your strength." — Nehemiah 8:10 ∞