

LABOR PRECAUTIONS

What is Labor?

“Labor” is often used when you start having abdominal cramping, or a feeling of tightness and relaxation of your abdomen (contractions), or if you start having back pain, any of which can lead to the birth of your baby.

What are the signs and symptoms of Labor?

The following are signs and symptoms of the start of labor:

- Pains that may feel like cramping, back pain, or tightness and relaxing of your abdomen that start becoming regular, closer together, and stronger.
- Water bag breakage (rupture of membranes). This can be a sudden gush of fluid from your vagina, or a constant leaking of fluid from your vagina.
- Discharge from your vagina that may become more mucousy, watery, or blood-tinged.

What do I do if I am in Labor?

- Come to the Labor and Delivery Department right away if:
 - your membranes (water bag) ruptures
 - you have vaginal bleeding that is more than spotting
 - you have a sensation to push or you are experiencing increased pressure in your perineum (bottom) area, as if you are having a bowel movement
 - you have excessive bleeding or bright red bleeding
- If you start having labor pains (contractions) and your water bag (membranes) does not break, wait until your pain becomes regular. Start timing your contractions or pains. When they have been five minutes apart for an hour, you should go to Labor and Delivery.

If you have any questions or concerns about Labor, call your doctor or clinic right away. Otherwise, keep your regular scheduled appointment.

For general information about labor, call the advice line at:

Valley Connection 1-888-334-1000

or

Labor & Delivery 885-6400

I understand the above instructions _____

**For appointments or questions, call Valley Connection
at 1-888-334-1000. In an emergency, call 911.**

