



INSTRUCTIONS FOR THE START OF LABOR

When to Call:

- When contractions are five minutes apart and fairly regular
- When contractions are intense enough to be uncomfortable
- When the bag of water breaks or starts to leak
- If you have any questions

When to Wait:

- Bloody show without contractions
 - Bloody show by itself is not a good predictive sign of labor since you may have some spotting or light bleeding after vaginal exams or intercourse.
- Loss of mucus plug as this is also an unreliable sign of impending labor.

In Early Labor:

- Eat light, easily digestible foods (toast, fruit, etc.)
- Continue normal activities as able.
 - If you are sleeping, try to go back to sleep.
 - During the day, select activities that are not strenuous and help pass the time.
- Fluid intake is important.
 - Alternate between water and drinks containing sugar such as 7-Up, Gatorade or PowerAde, tea with sugar, Jell-O, or frozen juice bars.

How to Call

- Day or night, call 708-425-1907. If the office is closed, the answering service should answer your call. The service is open 24 hours a day. Let them know whether you are planning to have a midwife or the physician at your birth at South Suburban Hospital.
- After you have spoken to the answering service or office, a midwife or doctor should call you back within 15 minutes. Please keep your line open while waiting for us to call you back.
- When we return your call, we prefer to speak directly to you (rather than your partner). Speaking with you allows us to ask questions and develop a plan.

At the Hospital:

- Go through the main entrance during normal business hours (7 a.m. – 8:30 p.m.).
 - Stop at the front desk and an OB staff member will come down to get you.
- Go through the Emergency Room entrance after hours (8:30 p.m. – 7 a.m.).
 - Stop at the front desk in the Emergency Room and inform them you are in labor or have a pregnancy complication. An Emergency Room tech will transport you to the OB Department.
- Visitors can take elevator A to the third floor and follow signs to Women and Infants Center.
- Make sure you have already done your pre-admission paperwork and checked with your insurance company about how long you can stay after the birth.

We wish you a Happy Birth Day!