



Obstetrics & Gynecology

Highland: (909) 862-1191

Redlands: (909) 793-3311

Instructions for Labor

Once you reach your final month, you will be anxiously awaiting signs that you are about to have your baby. You want to know **“when should I call my doctor?”** As these event occur, you may be fairly excited and forget the instructions your childbirth instructor gave you. You should save this sheet as a reminder.

“My baby isn’t moving any more.”

In the last month or so, your baby may start to run short of room. What was once a kick will become a stretching motion. This still counts as a movement but may not be as easily noticed by you when you are active, stressed or otherwise distracted. If you feel your baby is not as active as expected, stop what you are doing, relax and count movements. You should feel 10 kicks per hour. Babies are most active between 10:00 pm and 1:00 am.

“What signs of labor should I look for?”

1. Labor Pains/ Uterine Contractions

These usually begin mildly and at irregular intervals. When they occur **every five (5) minutes**, last for **45 seconds** and continue for an hour, you may assume that labor has begun. If you live outside of Redlands or this is not your first baby, your doctor may give you additional instructions.

2. Broken Bag of Water / Amniotic Fluid

This is usually a clear, **watery fluid** which you may notice as a large gush or a continual trickle of water. It is sometimes hard for you to tell this from the mucus plug “show”. If your baby has passed stool in the fluid, the water may have a green or brown coloration to it.

3. Bleeding

You may notice a ‘bloody show’ before or during your labor. In the latter part of pregnancy, your cervix is fragile and some spotting with intercourse or cervical exams may also be expected. We do, however, need to know if you have bleeding **like a period**. You may need an exam to determine the source.

“What do I do if these things happen?”

During office hours:

Call your doctor either at Redlands (909) 793-3311 or Highland (909) 862-1191 to receive instructions.

After 5:00 pm or on weekends and holidays:

Call the Nurse Advice Unit at (909) 862-1191