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SO YOU THINK YOU'RE IN LABOR?

If you are *less* than 37 weeks and having more than 6 contractions in an hour call the office.

If you are 37+ weeks call us for these signs of labor:

- Contractions that are progressively getting closer, longer and stronger. Time from the beginning of one contraction to the beginning of the next. Call when they are consistently 4-5 minutes apart & lasting for a minute consistently for 1-2 hours.
- Your water breaks: a large gush of water or a persistent trickle of fluid

It is normal to have a mucousy discharge or pass a plug of mucous. It is normal to have light spotting. Having a flow of blood like a period could be a sign of trouble-call the office right away.

Be aware of your baby's movements. You should continue to feel movement even during early labor. Call if you perceive a decrease in movement.

What do contractions feel like? They usually start out feeling like menstrual cramps or cramping pain in the small of your back. They will start off sporadic and mild. They may start and stop for several days. Eventually they will begin to progress and become closer and stronger.

If you start having contractions:

- If it is night, and you can, go to sleep.
- If it is day, walk. Walking will help make labor contractions stronger. If it is false labor walking will often make them stop.
- Take a warm bath or shower
- Drink plenty of water
- Don't panic! This is what you have been waiting for. Your baby will be here soon. You can do this!

If you are concerned or uncertain, don't hesitate to call.