



## **LABOR PRECAUTIONS**

### **Contractions**

Contractions can occur any time during your pregnancy, especially during the end of the third trimester. Contractions should be concerning when they occur every 10 minutes or closer, *before 38 weeks*. Once you have reached 38 weeks of pregnancy, your contractions can be as close as every 5 minutes (with your first pregnancy) or every 7-10 minutes (with subsequent pregnancies). Time from the start of one contraction to the beginning of another. If your contractions are strong and regular, at any time, you should either come to the office or be seen at the Women's Center (Labor & Delivery).

### **Rupture of Membranes**

Breaking your water or even thinking that you did should not be ignored. Usually, there is a big gush of water. It is uncontrollable and usually odorless. This is different from a mucous discharge or a normal vaginal discharge. Ruptured membranes cannot be diagnosed over the phone, so if you suspect that your water has broken, you need to go to the Women's Center (labor & delivery).

### **Vaginal Bleeding**

Bleeding is concerning at any time during pregnancy. The cervix can become very fragile during pregnancy. Intercourse, cervical exams and pap smears can cause a little bit of spotting. If at any point, or there is no reason for the bleeding, we recommend you come for evaluation. Bleeding may also occur near term. This is called "bloody show" and may indicate the beginning of labor.

### **Fetal Movement**

Your baby should move throughout the pregnancy (usually after 20 weeks). Babies tend to slow down as you approach your due date. If at any time, your baby's movements have decreased, you need to come in to be evaluated.

Feel free to call the office at 757-539-3911 with any questions or concerns, or contact the Women's Center at Obici at 757-934-4677.