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INSTRUCTIONS FOR LABOR AND DELIVERY PATIENTS

If you are less than 36 weeks call our office number directly with questions or problems. At or beyond 36 weeks gestation in a relatively uncomplicated pregnancy, we offer the following information.

- 1) **LABOR** - When contractions are strong and are coming every 5 minutes or more often, lasting 45 seconds to one minute, and continuing for one hour, you should be evaluated. **If this occurs during office hours, call the office** for an appointment for evaluation. **If this occurs at night, you should go to the hospital.** If you are going into the hospital, it is **not** necessary to call the physician on call. The nurses will notify us when you arrive.
- 2) **RUPTURE OF MEMBRANES** - (Breaking your bag of water). If you start leaking or have an obvious gush of fluid suggesting that you broke your water **during office hours**, please call the office so that you can be evaluated. If this occurs **outside of office hours** and the fluid is clear, fetal movement is good, and your baby was in the vertex presentation (head first) at your last visit, you can await labor. If your labor does not start by the morning, come to the hospital at 6:45 A.M. Call Labor & Delivery at 663-2162 to let them know you are coming in.

EXCEPTIONS: If the fluid color is green or your baby is breech, you need to come in for evaluation promptly. If the fetal movement is persistently decreased, you need to come in for evaluation. If you have a history of herpes (HSV) and any signs or symptoms of an outbreak, you need to come in for an evaluation.

- 3) **BLEEDING** - Blood that is dark red, small in amount and has mucoid material mixed with it is a bloody show. You can await labor with a bloody show. Bleeding that is more than a scant amount or persistent spotting will require evaluation in the office or hospital. Call the office during office hours. After office hours you can call the physician if bleeding is persistent or heavy.

STREP - FOLLOW THE BELOW MODIFICATIONS TO THE ABOVE INSTRUCTIONS IF YOUR CULTURE HAS BEEN DETERMINED TO BE POSITIVE FOR GROUP B STREP.

- 1) **LABOR** - The only modification required is that you inform the nurses at the hospital that you were found to carry strep. You will receive antibiotics during your labor.
- 2) **RUPTURE OF MEMBRANES** – If you are group B strep positive and rupture your membranes, you will need to come in for evaluation. Call the office during office hours or go to the hospital if this occurs at night. This is not an emergency – you can shower, arrange for child care, etc. prior to coming in. Call Labor & Delivery at 663-2162 to let them know you are coming. Inform the nurses of your **positive** strep status.

This information should allow you to know the proper course of action at the time of your labor and delivery. If you have important questions that are unanswered by the above instructions, we can be contacted by calling 622-3162.