

Signs of Labor

REASONS TO CALL AT THE END OF YOUR PREGNANCY:

(Please post the handout “How to Reach Your Midwives” by your phone to reference full list)

Before 37 weeks of pregnancy, please notify us right away if any of the following things occur:

- ◆ Menstrual - like cramps > 4 per hour
- ◆ Low menstrual back pain, different than postural back pain of pregnancy
- ◆ Bloody show or loss of mucous plug
- ◆ Leaking amniotic fluid, a gush or just a trickle
- ◆ Decreased frequency of fetal movement

After 37 weeks of pregnancy, call and page us if you are having the following:

- ◆ 5-1-1 contractions: contractions 5 minutes apart, lasting for 1 minute, for an hour.
- ◆ Your membranes rupture--this may be a sudden gush or just a trickle. Notify us either way within 5 minutes
- ◆ Baby stops moving for a longer period of time than normal, or moves less often
- ◆ You experience significant bleeding from the vagina
- ◆ During the day you may want to report bloody show or any other signs that may suggest that labor is imminent.