

## **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.