



# NORTH FLORIDA WOMEN'S PHYSICIANS

Building healthy relationships.

## Patient Instructions For Labor

If you believe you are in labor or have broken your water **during regular office hours**, please call our office for instructions

**DOCTOR PATIENTS**  
should call

**(352) 332-7222**

**MIDWIFE PATIENTS**  
should call

**(352) 313-1017**

We may see you in the office before sending you to Labor & Delivery.  
This may be less expensive!

**After office hours or weekends**, please call Labor & Delivery **(352) 333-5300** to let them know you are coming and then go to the **3rd floor of the Women's Center** at North Florida Regional Medical Center.

### Common Signs Of Labor Are:

Contractions that feel like strong menstrual cramps in your lower abdomen—or contractions that start in your lower back and move around to your lower abdomen.

Contractions YOU CANNOT IGNORE THAT:

- Come every 5 minutes for an hour, AND
- Get stronger and closer together as time passes, AND
- Feel stronger as you walk around, AND
- Keep coming if you lie down or change position, AND
- Last 45-60 seconds.

You may experience other signs not noted above.

**DO NOT WAIT AT HOME UNTIL YOUR WATER BREAKS**, since this may not happen until the end of labor.

### Reasons To Call The Office Or Come To The Hospital Immediately:

- Bleeding like a period (light spotting after a vaginal exam is normal).
- Continuous abdominal pain.
- Gush or continuous trickle of fluid from the vagina. (Go to Labor & Delivery.)
- Temperature above 100.4°F.
- Severe headache that doesn't go away after Tylenol.
- Sudden swelling of hands and face.
- Visual changes while you are at rest (spots before the eyes or blurred vision).
- Pain when urinating, or frequent need to urinate with back pain.
- Decreased movement of the baby after several hours (try drinking some fruit juice and lying down for one hour to check for movement).