



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).