

## WHEN TO CALL FOR LABOR

This applies only to women who are 36 weeks or more

Your contractions should be **five** minutes apart or less (from the start of one to the start of the next one), about **one** minute long, for at least **one** hour. An easy way to remember when to call for labor is to remember **5-1-1**.

Your contractions should be strong enough that you must stop what you are doing, including talking, and breathe through them. If you feel you could sleep through your contractions, you are unlikely to be in labor.

If you have a history of rapid labor, please discuss this with your doctor at your prenatal visit.

When your membranes rupture (water breaks), the fluid will gush or leak. You will not be able to control it. Usually the fluid will run down your leg if you do not have a pad on. Even if you are not having contractions, you should still call the office if your water breaks. If you are unsure if your water is broken, please call us.

If the baby is not moving as much as he/she normally moves:

- Eat or drink something
- Lay down on your side
- Count the baby's movements

If you do not count 10 movements within one hour, call the office.

If you are bleeding abnormally:

- Call the office if you are bleeding as heavily as a period.
- It is not uncommon to spot or bleed after an exam or at the start of labor.
- It is not uncommon to see a large strand of bloody mucous, also known as your mucous plug. You do not need to worry about the timing of your mucous plug and can wait to call until your labor signs meet the above criteria.

**Call the office 24 hours a day, 7 days a week when you go into labor: 303-321-2166.**

If it is after-hours or during the weekend, you will automatically be forwarded to our answering service. They will contact the doctor on call, who will promptly return your call.

Please note, if you have caller I.D. and do not accept blocked calls, you will need to remove the call block by dialing \*87 in order for the doctor to call you.