



**Women's Care Florida
Delaney OB/GYN**

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Labor Instructions

Preterm concerns before 37 weeks: Go to the hospital if

Cramping or contractions more than 6 an hour that don't go away when you lie down and rest, or are becoming stronger and more regular, or are associated with any bleeding.

Your water breaks or you think it is leaking

Bright red vaginal bleeding

Term Labor: Go the hospital if

Your water breaks or is leaking

First baby: contractions 2-3 minutes apart and painful

If you have already had a baby: Use your judgement as labor can vary greatly between women. If your contractions are becoming stronger and more regular go to the hospital for evaluation.

Heavy vaginal bleeding. It is normal to have some bloody show as the cervix starts to dilate. It is normal to have some bleeding after exam.

Ideally, we would like to admit you in the active part of labor which is at least 4cm dilated or if your water has broken. If you are not that far dilated, we may have you walk for a couple of hours and then be re-examined or may send you home to come back when the contractions are stronger and closer. Admitting you in active labor enhances your chances of a successful vaginal delivery.

Fetal Movement:

Please go to the hospital if you are not feeling any fetal movement or if it is less than usual. It can be normal for the movements to become more subtle as you are nearing your due date. You should feel at least 10 movements within 24 hours. If the movements seem less, you can lie down quietly for 2 hours on your side to check for 10 movements within 2 hours. If you are unable to feel that many, go to the hospital.