

719-473-2424 *phone*
866-363-8231 *in-state*
719-227-1475 *fax*
1015 E. Pikes Peak Ave, Suite 100
Colo Spgs, CO 80903
www.womensassociates.com



Pamela K. Richards, MD
Jill A. Murray, MD
Deborah S. Lasley, MD
Lisa M. Hovenga, MD

LABOR PRECAUTIONS

(When to go to Memorial Central Birth Center)

1. When you have **painful, regular** contractions every 4-5 minutes apart for at least one hour without stopping.
2. If your bag of water breaks. Sometimes there is a big gush of fluid, and sometimes it is just a continuous trickle.
3. If you have vaginal bleeding that is **continuous** and as **heavy** as a menstrual period. It is normal to pass some blood with mucous before you go into labor. This is called "bloody show" or a "mucous plug." You may also have some vaginal bleeding after a digital exam in the office or on L&D or after intercourse.
4. If your baby does not move at all during any 2 hour period while you are awake. It is not necessary to stay awake all night to monitor your baby's movements. It is normal for your baby to move at least 10 times in a 2 hour period with increased activity after eating or drinking juice.
5. If you are having severe, continuous abdominal pains.