

Labor and Late Pregnancy Instructions

You are in the final stretch. Congratulations! Here are a few important reminders to help you through the last few weeks.

Hospital Registration:

Please confirm that you have sent in your registration sheet to South Miami Hospital. It is your responsibility to inform the hospital and our office if there has been a change in your insurance coverage for the time of delivery.



Pediatrician:

You should choose a pediatrician before you go into labor. Our office has a list available with their addresses and phone numbers.



Labor instructions:

In the last four weeks of your pregnancy, you should call us with any of the following:

1. Regular painful contractions for one hour (every 5 minutes if first baby, every 10 minutes if you already have a baby)
2. If you think that you have broken your bag of waters.
3. If you experience steady or heavy bleeding.
4. If your baby has had a dramatic reduction in movement in a given day or if it doesn't move ten times in two hours once a day.

Hospital Visits:

All of us share in your happiness as you are about to deliver your baby. Clearly, this is a moment to enjoy with your family and close friends. However, you should understand that the hospital is a place to care for you and your baby. Therefore, loud noises and large crowds are prohibited.

For your safety, the hospital will allow a maximum of three visitors in the labor room. The rest of your visitors must wait in the waiting areas or in the main lobby of the hospital. The security personnel will strictly enforce these rules.



To Reach Us:

Our phone number is (305)665-1133 24 hours a day 7 days a week. During office hours, our personnel will be glad to assist you. After hours, our answering service will communicate your message to the doctor or provider on call.

If you think that you are in labor, you will be asked to go to the maternity floor at South Miami Hospital. If you think that you have an emergency and cannot reach us (this should be extremely rare), call South Miami Hospital Labor & Delivery at (786)662-5180. Please note that our doctors cannot deliver you at Baptist Hospital or other area hospitals. We look forward to helping you with the delivery of your baby!!

Contact Us

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