

Dr. Dvorak's 37 week Precautions

If you have any of the following: temperature equal or greater than 100.4F, excessive vomiting or diarrhea, prolonged pelvic or abdominal pain, difficulty with or painful urination, call the office during office hours (9am-5pm). If you are having an urgent problem that cannot wait until office hours, call the Childbirth Center at Overlake Hospital (425-688-5351). If you are in labor, have broken your bag of water, or are having bleeding, you need to be seen at the Childbirth Center; please call them before going. Remember, I will do my best to attend your delivery, but in the event that I am unavailable, the OB at the hospital will take great care of you.

Going into labor:

- Early labor: If your contractions are mild to moderate and coming 5 to 20 minutes apart, you're likely in early labor, which can last several hours to several days. As your cervix slowly thins and dilates, prepping you and your baby for delivery, try to rest and drink plenty of water. You need to stay home during this time. The hospital will not admit you until you are in ACTIVE labor. If you need a shot of pain medicine you can go to the Childbirth Center and they can give you this, but they will not admit you until you are in active labor. This is a very helpful website about early labor: <https://spinningbabies.com/start/in-labor/what-to-do-when-in-labor/>
- Active labor: When your contractions are lasting about a minute, are 3-5 minutes apart (from beginning of contraction to beginning of contraction) for 1 hour, then you are entering active labor, and can head to the hospital. The contractions should be REALLY painful. If you can talk or walk while you are having them, you are not in active labor- you should stay home another hour or two. The Childbirth Center will not admit you until your cervix is at least 4cm dilated, which generally takes several hours of strong, regular contractions.
- If this is your second (or third, etc) baby, please go to Childbirth Center when your contractions coming every 5-7 minutes for 1 hour. Be careful- baby can come more quickly when it is your second or third vaginal delivery.

Bleeding:

If you are over 37 weeks, it is normal to bleed a little bit after sex or if you are having contractions (bloody show), or after a cervical exam. Please go to the Childbirth Center if you have heavy bleeding (like a period).

Amniotic Sac leakage: Your "water breaking" is in fact the rupture of the amniotic sac that signals your baby is getting ready to be born. About 15 percent of women

experience the rupture of the amniotic sac before they go into labor; most of the time it happens mid-way through labor, or we break it for you during labor. Amniotic fluid is colorless, odorless, and thin- it looks like water. (If the fluid is yellowish and smells of ammonia, it's probably urine.) If it is just a tiny bit of fluid (or simply wet underwear), see if it keeps happening. Change your underwear (and don't put on a pad) and if you continue leaking, please go to the Childbirth center to get checked.

Preeclampsia: Preeclampsia is a serious blood pressure disorder that can affect all of the organs in a woman's body. It is most common at term (after 37 weeks). A woman has preeclampsia when she has high blood pressure (over 140/90) and other signs that her organ systems are not working normally. One of these signs is proteinuria (an abnormal amount of protein in the urine). What are the signs and symptoms of preeclampsia?

- Sudden swelling of face or hands
- A headache that will not go away (despite rest and drinking water and Tylenol)
- Seeing spots or changes in eyesight
- Nausea and vomiting (in the second half of pregnancy)
- Sudden weight gain
- Difficulty breathing

How do doctors monitor for this? We check your blood pressure and look for protein in your urine every visit. If you notice any of these symptoms between visits, or if your blood pressure is above 140/90, call us during office hours, or go to the Childbirth Center after office hours.