

I am at least 37 weeks pregnant and I think I might be in labor, When Do I Call the Doctor?

There is no way for the doctor to determine over the phone if you are in labor or if your water has broken or to assess any other symptoms. The only way to know is for you to GO to the Labor & Delivery Unit at El Camino Hospital. The nurses there will examine you and call the doctor. **You do NOT need to call the doctor prior to going to the hospital.**

When Do I Go To The Hospital?

- If you are bleeding bright red blood from your vagina that is heavier than your heaviest menstrual period.
- If the baby's movements have decreased significantly or you have not felt the baby move after doing a kick count.
- If you are GBS (Group Beta Strep) positive.
- When most contractions are so painful that you can not walk or talk during them and
 - Are coming at least 3-5 minutes apart
 - Are lasting at least 60 seconds
 - Have been occurring for about 2 hours
- If your water bag breaks, LOOK at the fluid.
 - If it is green or brown or completely bloody, go straight to the hospital.
 - If it is clear or has white or pink flicks or small amounts of blood, wait (only up to 6-8 hours) for contractions to become regular and painful (see above) before going to the hospital.
 - If it is clear as above, **and** you are not having regular and painful contractions, **try to get some sleep**. If contractions do not start by morning or within 6-8 hours of your water breaking, then go to the hospital.

Symptoms that may occur and do not warrant a trip to the hospital

- Losing a "mucous plug"
- Irregular contractions that you can walk and talk through.
- A single small gush of "fluid"
- Dark brown bloody show