

Labor Precautions

If you experience any of the following please go to Labor and Delivery at Round Rock Medical Center:

- 1. If you are leaking or experience a gush of fluid from the vagina, go directly to labor and delivery.** Do not wait for contractions. Do not bathe. When your bag of water breaks the protective barrier between outside germs and the baby is gone, so you and the baby are at risk of infection.
- 2. If you are having regular contractions three to five minutes apart, go directly to labor and delivery.** In labor, contractions tend to last at least 30-45 seconds.
- 3. If you experience bleeding, go directly to labor and delivery.** Spotting after a cervical exam is usually normal, but if the amount increases you should be evaluated in labor and delivery. If you have bloody mucous discharge, this may be your mucous plug.
- 4. If you are having decreased fetal movement, go directly to labor and delivery.**

False Labor (Braxton-Hicks Contractions)

It is normal for many women to have regular contractions close together for several hours, and then the contractions stop. These are called Braxton-Hicks contractions. Contractions in true labor tend to get progressively stronger and closer together.

You do not need to call the on-call physician when you are in labor. The on-call physician will be contacted directly when you arrive in Labor and Delivery.