

ASSOCIATED PHYSICIANS, LLP

4410 Regent Street
Madison, WI 53705

LABOR INSTRUCTION SHEET

You should call the clinic number, 233-9746 (the doctor will call triage for you if you will be going in) for any of the following:

CONTRACTIONS:

If this is your first baby, wait until they are consistently every 5 minutes or less for at least an hour and strong enough that you must breathe through them, unless otherwise instructed by your doctor. If this is not your first baby, discuss when to call with your doctor. Intensity of the contractions is more important than frequency. If the contractions are strong and it is difficult to talk through them, it is important to call. If contractions are mild and it is easy to talk through them, then you may wait until the contractions become more intense prior to calling. Membranes may not rupture prior to the onset of labor and you should not wait for membranes to rupture if you are having strong, regular contractions.

RUPTURE OF MEMBRANES:

Call if you have a gush or steady trickle of fluid whether the contractions are occurring or not and no matter what the time of day. At that time we will ask questions about the color of the fluid and the baby's activity and determine how soon you should be evaluated in the hospital or office.

BLEEDING:

Some bloody show is normal and may appear up to one to two days prior to the onset of labor. It is also possible to have bloody show following a vaginal exam in the office. It is not necessary to call for bloody show unless the bleeding is heavy enough to require a pad.

FETAL MOVEMENT:

If you notice that the baby is less active, lie down on your left side. If you do not feel at least 8 movements before the end of 2 hours you should call the office number.

MUCUS PLUG:

Many women will note an increase in mucus prior to the onset of labor. This is not a reliable predictor of the onset of labor and it is not necessary to call for the passage of the mucus plug.

Always call the clinic number first. If you are unable to get an answer by calling the clinic number, you may call Meriter Park Triage at 417-6228.

We are looking forward to your care at Meriter with our team of birthroom nurses, the resident physicians and our obstetricians. Please let us know if you have any concerns.