



## C O L U M B U S W O M E N ' S C A R E

### Labor Instructions

Call 614-755-4200:

1. When contractions are every 5 minutes lasting 60 seconds for 1 hour. Frequency of contractions refers to the time from the beginning of a contraction to the beginning of the next contractions. Duration of contraction refers to the time from the beginning of the contraction to the end of the same contraction.
2. If a gush or leaking of watery fluid from the vagina that cannot be controlled.
  - a. Note time and color of fluid
3. Vaginal bleeding like a period flow. This is different from bloody show, which is a mucous blood-tinged discharge.
4. Constant abdominal pain with board-like firmness of the abdomen.
5. Clear liquids while contracting. Clear liquids include: broth, Jell-O, Popsicles, apple juice, etc.
6. Do fetal movement counts once a day. To do fetal movement count:
  - a. Choose an hour following a meal, with no other distractions.
  - b. Lay on left side.
  - c. Count the number of times that the baby kicks or moves in a one hour period.
  - d. If less than 6 kicks or movements in one hour, drink a glass of juice and count again for one hour.
  - e. If less than 6 movements or kicks in the second hour, call our office at 614-755-4200.
7. Drink 8-10 glasses of water a day to prevent dehydration.

8. Keep next Doctor's appointment as scheduled.
9. Please be advised that it is our policy that we permit only 2 support people during your labor and delivery. Visitors are restricted to the waiting area and cannot be interchanged for support people. Please understand that these policies are for you and your baby's safety.