

SO YOU THINK YOU'RE IN LABOR!

First, ignore all this if you are less than 37 weeks gestation. If you are pre-term (less than 37 weeks gestation) and have more than 6 contractions in an hour, we want to hear about it!

If you are 37 weeks gestation or greater, call us for these signs of labor:

- Contractions 4 minutes apart (time from the beginning of one contraction to the beginning of the next) for a full hour*
- Rupture of membranes (a gush of water that continues to trickle out over the next 20 minutes)*

It is normal to pass some bloody mucous, but flowing blood can be a sign of trouble.

Be aware of your baby's movements. You should continue to feel movement even during early labor. Call if you perceive a decrease in fetal movement.

Call us if you still have any questions or doubts!

Call 954-436-7667