

Park Central OB/Gyn Associates

LABOR AND DELIVERY

THE ONSET OF LABOR

- Labor usually begins with very irregular and gradually more uncomfortable contractions. The first phase of labor can take up to 24 hours before dilation occurs.
- TO TIME CONTRACTIONS, place your hand on your uterus to feel when it tightens or becomes very hard. Time from the beginning of one contraction to the beginning of the next contraction. The length of the contraction is from the beginning of tightening until the time at which it completely relaxes or softens.
- CALL THE DOCTOR , if it is your first baby, when your contractions are five minutes apart, lasting 40 to 60 seconds, and have been consistent for about an hour. If it is not your first baby, please call when your contractions are seven to ten minutes apart.
- CALL THE DOCTOR if your water breaks or if you have bleeding from the vagina. Your water breaking may feel like a large gush of fluid from the vagina, or may be as little as a continuous leakage of fluid. It can often be confused with leaking of urine, so if there is any question, please call so that the doctor can examine you. Do not wait for contractions to begin before you call, as you can develop serious problems if you wait for labor to begin.

WHAT TO BRING TO THE HOSPITAL

- LABOR BAG
 - Note paper and pen
 - Lip balm
 - Breath freshener
 - Plastic bag for clothes
 - Lifesavers or mints
 - Warm socks
 - Music/CD Player
- HOSPITAL BAG
 - Two clean bras
 - Your going home clothes
 - Baby's going home clothes
 - Gowns, robe, slippers
 - Personal care items
 - Toothbrush
 - Deodorant
 - Shampoo, Blow dryer