

LABOR PRECAUTIONS

This is the phone number to reach us during the day if you think you are in labor: **408-523-3870**. For evening and weekends call **408-739-6000**. An operator will take the information from you and connect you with our advice nurse.

We would like you to call the office during the day or go directly to the hospital if the office is closed at night or on the weekend when you begin to **have uterine contractions every five minutes**. Our goal is to let you labor at home as long as it is safe. If you are earlier than 36 weeks, you should call if you think you may be starting labor prematurely. These are guidelines, your physician may modify these recommendations based upon your individual history or exam.

We would like you to call the office during the day or go directly to the hospital if the office is closed at night or on the weekend if you **have ruptured/broken your bag of water**. You will need to let us know the quantity of fluid expelled, the character of the fluid (i.e. whether it is clear or green), if there are any labor contractions or if there is any bleeding. If you know that you are **GBS positive; please proceed to Labor and Delivery**. If you are earlier than 36 weeks, you should call if you think you may be starting labor prematurely. These are guidelines, your physician may modify these recommendations based on your individual history or exam.

If you feel your baby is not moving around enough you should do a “kick count.” While lying on your side, after eating or drinking juice, you should feel the baby move at least ten times in an hour. Please contact us right away if you are not feeling the baby move after the “kick count;” further evaluation may be needed.

If you begin bleeding similar to a period, you need to notify us immediately since this may represent premature separation of the placenta and most likely we will call you into labor and delivery. Please call us first so we can differentiate this from “bloody show”-expelling of your mucus plug.

If you have questions as to whether it is premature labor or are confused about the situation, please do not hesitate to call and ask us. If your call falls on your providers’ day off or on an evening/weekend, the provider who calls you back may not be your regular physician.

IMPORTANT PHONE NUMBERS

Emergency: 911

Main Office: 408-523-3870

PAMF Mail Line: 408-739-6000

*if it is after 5pm or a weekend press ‘0’

For an operator. If you do not get a call back within 20 minutes please call back.

Labor/Delivery at Good Samaritan Hospital 408-559-2327