

I am at least 37 weeks pregnant and I think I might be in labor, When Do I Call the Doctor?

There is no way for the doctor to determine over the phone if you are in labor or if your water has broken or to assess any other symptoms. The only way to know is for you to GO to the Labor & Delivery Unit at El Camino Hospital. The nurses there will examine you and call the doctor. **You do NOT need to call the doctor prior to going to the hospital.**

When Do I Go To The Hospital?

- If you are bleeding bright red blood from your vagina that is like your period.
- If the baby's movements have decreased significantly or you have not felt the baby move after doing a kick count.
- When most contractions are so painful that you can not walk or talk during them and
 - Are coming at least 3-5 minutes apart
 - Are lasting at least 60 seconds
 - Have been occurring for about 3-4 hours
- If your water bag breaks.

Symptoms that may occur and do not warrant a trip to the hospital

- Losing a "mucous plug"
- Irregular contractions that you can walk and talk through.
- Dark brown bloody show
- A single small gush of "fluid" – Please monitor with a panty liner. If there is continuous watery discharge, go to the hospital.