



Women's Health For Life, Inc.

(419) 227-2727

www.womenshealthforlife.com

Labor Instructions

1. If the water around the baby leaks or breaks (gush of water) whether contractions are present or not, go directly to the hospital without waiting. The nurses there will contact us.
2. If bleeding occurs heavier than just a small spot on a peri pad (larger than quarter size), whether contractions are present or not, go directly without waiting to the hospital. The nurses there will contact us.
3. If you have contractions (without water breaking or bleeding) you may wait until contractions are regular and 3-7 minutes apart and lasting approximately one minute, then go to the hospital. If you are contracting more than four times per hour and your baby is not due, go directly to the hospital. The nurses there will contact us.
4. If the baby has not moved, eat something and lay down. If the baby has not moved five times in 45 minutes, then go directly to the hospital. The nurses there will contact us.
5. If you have questions, call the office during office hours or the answering service after hours to contact us. If you are unsure about when to go to the hospital, call the Answering Service and we will talk with you directly. The number for the Answering Service is 998-9056