



AN AFFILIATED PRACTICE OF

Yale Medicine

Greater New Haven
OB/GYN Group

WHEN TO CALL

Because of the variability in the mode of labor, we cannot predict when or how your labor will begin. For this reason, we have listed below some simple directions which we wish you to follow regarding when to call the office. Someone is on call twenty-four hours a day, seven days of the week. If there is no one in the office at the time that you initiate your phone call, you may give your message to the answering service. As a general rule, the physician or midwife will contact you within twenty minutes from the time you have called the office. If for some reason you have not heard from the physician or midwife, please call back. It is possible that the answering service wrote down the wrong telephone number or that the physician or midwife happened to be busy at the time of your call. In any event, please call again and tell the answering service that this is the second phone call and another message will be sent.

- **CALL IF YOUR WATER BREAKS.** This may happen whether you are in labor or not. In either event we would like you to contact the physician or midwife. Breaking of your water can occur in 10-15% of patients prior to labor. You will be instructed what to do after talking to the physician or midwife. The status of the Group Beta Strep culture is important to know if your water breaks.
- **CALL IF BLEEDING OCCURS.** You do not need to call for a brownish bloody discharge or anything that would amount to less than two tablespoons of bloody mucous. This represents what is called "BLOODY SHOW". This does not mean that labor will start soon. It is important to know that if you have had a vaginal examination in the last twenty-four hours, or sexual intercourse, bleeding may occur. Unless this bleeding is heavy, you do not need to call the office.
- **CONTRACTION PATTERN.** If this is your first baby, we would like you to call when your contractions have been occurring at 3-5 minutes intervals and you cannot talk through them and they are lasting from 60-70 seconds long. You time your contractions from the beginning of one to the beginning of the next one. This should be going on for approximately an hour. If you have had a vaginal delivery in the past, we would like you to call when your contractions have been occurring at 5-minute intervals and each contraction should be lasting approximately 50-60 seconds. For those who are planning to have a repeat cesarean section, please call at any time you note the onset of labor pains
- **BABY MOVEMENTS.** There may be period of time you notice a decrease in the activity levels of your baby. Babies normally have "NAP PERIODS" within the uterus. As your pregnancy progresses, they also adjust to the decreasing space available. If after lying on your left side and consuming a high energy snack and you are still concerned with the lack of activity of your baby, then call us.

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