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LABOR INSTRUCTIONS

The following are signs that should prompt you to call or go to the hospital:

CONTRACTIONS

1. First Baby: When contractions are every 5 minutes lasting 30-45 seconds for 2 hours.
2. Next Babies: When contractions are every 5 minutes lasting 30-45 seconds for an hour.
3. Constant severe pain with no relief between contractions.

RUPTURED MEMBRANES

Any sudden gush of fluid from the vagina, or continuous leaking of fluid.

BLEEDING

Any bleeding that is more than mild staining or spotting or getting heavier.

FETAL ACTIVITY

Any decreased fetal movement of the baby (See below).

TOXEMIA (high blood pressure of pregnancy)

Any severe headache, blurry vision, severe upper abdomen pain, sudden ankle or leg swelling, facial or hand swelling.

**CALL OR GO TO THE LABOR ROOM
IF YOU HAVE ANY QUESTIONS.
IF UNSURE – BE CAUTIOUS AND COME IN TO BE SEEN!!**

FETAL MOVEMENT RECORD

1. Toward the end of your pregnancy, your baby has less room inside you to move around. Therefore, the TYPE of movement changes from punch-kicking to shift-rolling. This change in type of movement is normal, however.

THE BABY SHOULD CONTINUE TO MOVE JUST AS OFTEN.

2. It is a sign of good health when the baby continues its normal movement pattern. **IF THE BABY MOVES LESS OFTEN, IT MAY BE A SIGN THAT SOMETHING IS WRONG.**
3. You can help us monitor your baby's well being by counting movements every day.
4. To do this, lie down on your left side and pay attention to the baby. Try to do this at the same time every day. (For example: after lunch)
5. Count fetal movements. If you get to 4 movements in less than an hour, you are all finished for that day. IF an hour passes and you have not had 4 movements, then count for a second hour. Any type of movement counts, punch-kicking OR shift-rolling.
6. If two hours pass and you have not had 4 movements, this is **NOT NORMAL**. You should come into the Labor Room for a checkup.
7. You will be checked with a "non-stress test" (NST) – where we check your baby's heartbeat for 20-30 minutes to make sure your baby is doing well.
8. Use the attached form to record your daily count and how long it takes you. Bring the form to your prenatal visits.
9. If unsure, be cautious and call or come in.

