

## LABOR INSTRUCTIONS

### ARE YOU IN LABOR?

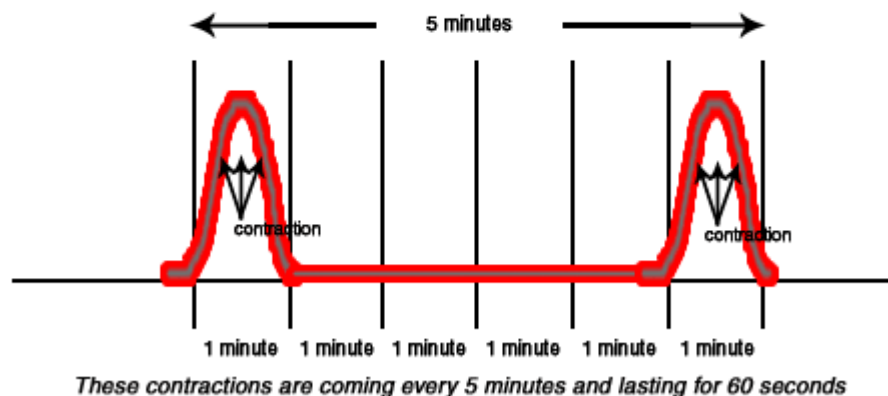
**LABOR PAINS:** It is often difficult to determine if you are in labor or not. Here are a few tips to help you determine if you are in labor, but if you are still unsure, please call or come in for evaluation.

1. Contractions that become stronger, last longer, and come closer together as labor progresses.
2. Your activity level does not effect the contractions. Walking may make the contractions stronger.

To determine whether contractions are increasing or decreasing in frequency and in strength, time your contractions. Use a watch with a second hand to determine the “frequency.” Starting timing from the start of a contraction to the start of the next contraction. To determine the “duration,” time from the start of a contraction to the end of the same contraction. If you are not sure if you are in labor, please call the labor and delivery unit or come in for evaluation. If your water breaks, you must come into labor and delivery immediately.

**DURATION:** begining to end of one contraction

**FREQUENCY:** begining of one contraction to the begining of the next contraction.



***DO NOT WAIT FOR CONTRACTIONS TO START IF YOUR WATER BREAKS!***

If you think you might be in early labor, drink fluids, but avoid heavy meals.

**WHEN TO CALL OR COME IN FOR EVALUATION:**

1. VAGINAL BLEEDING that is not bloody mucus. You may have some bloody mucus type discharge after vaginal exams.
2. SEVERE ABDOMINAL PAIN or pain that is constant and doesn't let up between contractions.
3. LEAKING OR GUSH OF FLUID. If you think your water has broken, you need to note the time that it broke and the color of the fluid. COME IN IMMEDIATELY!! Do not wait until contractions start.
4. DECREASED MOVEMENT OF THE BABY. If you notice a significant decrease in the number of baby movements, come in.
5. SEVERE HEADACHES, PAIN IN YOUR RIGHT UPPER ABDOMEN, OR SPOTS IN FRONT OF YOUR EYES.
6. FEVER. Temperature greater than 100.4 F.
7. NAUSEA AND VOMITING.
8. REGULAR CONTRACTIONS that are 5 minutes apart for approximately one hour. If contractions are so strong that you have to stop what you are doing or stop talking, don't wait for an hour.
9. REGULAR CONTRACTIONS regardless of frequency if:
  - a. Your due date is a month or more away.
  - b. You're being followed for high blood pressure.
  - c. Your baby is breech.
  - d. You are carrying twins.
  - e. You had a cesarean section with your last delivery.
  - f. You are being treated for diabetes.
  - g. You have received instructions from the doctor to report labor and delivery once regular contractions start.

***PLEASE REMEMBER THAT THESE INSTRUCTIONS ARE GUIDELINES TO ASSIST YOU IN KNOWING WHEN TO COME TO LABOR AND DELIVERY. IF YOU ARE UNSURE, PLEASE CALL OR COME IN FOR AN EVALUATION***

Contact the U.S. Naval Hospital Yokosuka's Maternal Newborn Unit at 243-5311