

## **PHYSICIANS FOR WOMEN OF GREENSBORO**

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### **WHEN TO CALL**

Congratulation on your pregnancy! Physicians for Women of Greensboro is delighted to be a part of this very special time in your life. We hope this handout helps with the questions and anxieties that may be associated with pregnancy. As always, we are available 24 hours a day if you have questions or need a physician.

During pregnancy, there are some situations which need immediate attention. Should you experience any of the problems or symptoms below, please contact the office:

1. Vaginal bleeding
2. Urinary complaints such as pain or difficulty with urination. Frequent urination is expected and is not a concern unless associated with pain.
3. Severe nausea and/or vomiting. Mild nausea and some vomiting may be common does not present a problem unless you experience weight loss, dehydration and/or an inability to keep anything in your stomach, including liquids.
4. Fever of 101° or greater.
5. Regular uterine contractions.

If you are within 4 weeks of your due date to full-term, you should be aware of the signs of labor and have a plan of action. Labor rarely occurs on your due date. The symptoms of labor vary among women and among different pregnancies. Vaginal discharge or loss of your mucous plug does not necessarily indicate true labor. Many changes occur as you approach labor, though true labor may be hours or even days away. It is not necessary to call the office if this occurs, but make sure to inform the nurse/physician at your next visit.

False labor may eventually lead into true labor. Signs that true labor has occurred and other signs that should prompt a phone call to the office:

1. **Rupture of Membranes** - Leakage of watery fluid from your vagina in a gush or trickle. If you are unsure if this has occurred, put on a sanitary napkin and observe for further leakage.
2. **Regular Contractions** – Painful contractions consistently 5 – 10 minutes apart for at least an hour. These usually increase in severity and become closer together.
3. **Vaginal Bleeding** – Other than blood-tinged mucus. Be aware, it can be normal to experience spotting after a cervical check, vaginal ultrasound or intercourse.
4. **Decrease Fetal Movement** – Your baby likely has its own pattern of movement throughout the day. Normal is more than 4 – 6 movements of any kind per hour after a meal. If you notice a decrease in fetal movement, lie quietly on your side for at least 30 minutes and pay close attention to the movements. If it is less than 5 times, get up, move around and drink/eat something. Lie back down on your side 30 minutes later and repeat the above. If it is still less than 5 movements, call the office immediately.

Having a plan ahead of time will make your labor go more smoothly. You should consider the route to the hospital and how long it will take you, transportation, childcare arrangements and work arrangements.

**Please call the office before going to the hospital.** If you are scheduled to deliver by cesarean section, notify the physician. The above symptoms are not all inclusive; please call the office if you feel the need to be seen in the office or at the hospital.