

Labor Instructions

CONTRACTIONS

If this is your first baby, call the clinic when your contractions are at least every five minutes (or more frequent) or one hour and strong enough that you must breathe through them. Discuss with your doctor when to call if this is not your first baby. Intensity of the contractions is more important than frequency/duration.

RUPTURE OF MEMBRANES

Call anytime you have a gush or steady trickle of fluid, regardless of the presence or absence of contractions. If unsure, put on a new pad and check for wetness in 30-60 minutes. At that time, you will be asked about the color of the fluid and about your baby's activity.

FETAL MOVEMENT

If you notice that the baby is less active, lie down on your left side, placing at least one hand on your stomach over the baby and do kick counts. If you feel less than eight movements in two hours call the clinic without delay.

BLEEDING

Some mild vaginal bleeding (bloody show) is normal and may appear up to one to two days prior to the onset of labor. It is also possible to have bleeding following a vaginal exam in office. If you have bright red period-like bleeding, call the clinic.

MUCUS PLUG

Many people will note an increase in mucus in the days prior to the onset of labor. This is not a reliable predictor of when labor will begin, so it is not necessary to report this to the clinic.



WHEN IT'S TIME

Always call the clinic number first, day or night. If you call during clinic hours you will be evaluated by one of the nurses. At that time, they will give you further instructions. If it is after business hours you will be directed to the physician on call via our call service. They will evaluate your situation and will contact OB Traige as necessary.

Once you arrive at UnityPoint Meriter Hospital you will be directed to OB triage. UnityPoint Heal Meriter Hospital is a teaching hospital and you will first meet with the OB resident. We work closely with residents of all genders to ensure that you are well cared for during your stay. The physician who is on call will be the one who delivers your baby.

PACKING LIST FOR THE HOSPITAL

- Picture ID and Insurance Card
- Birth plan if you have one
- Properly installed carseat
- Cell phone / Camera charger
- Change of clothes (all parties involved)
- Your favorite snacks for late night feedings
- Toiletries

THINGS TO CONSIDER

Check with your insurance regarding any prior authorizations or pre-certification needed for your delivery at UnityPoint Health Meriter Hospital.

We are looking forward to your care at UnityPoint Health Meriter Hospital with our team of nurses, resident physicians and our obstetricians. Please let us know if you every have any questions or concerns.