



CALLING INSTRUCTIONS FOR DELIVERY



NORMAL (DO NOT CALL)

DO CALL



A delivery that starts between 37 and 42 weeks.



LABOUR TERM

Before 37 weeks
- loss of amniotic fluid
- regular cramps or contractions



Blood loss that is slightly slimy. Bright red, dark red or brown in color.

BLOOD LOSS

Greater amount of blood loss than during menstruation
Blood clots



Clear (with or without white flakes).

AMNIOTIC FLUID - COLOR

Does the amniotic fluid have a green or brown color?
Then call immediately, even during nighttime



Let it be known that you are losing clear amniotic fluid. If this happens at night, you call the midwife in the morning. If you are under the control of the gynaecologist, you have to call day and night.



AMNIOTIC FLUID AND DESCENT OF THE BABY

If the head has not yet descended properly during the last check:
- Call immediately, so day and night
- Lie down asap (as soon as you get home)

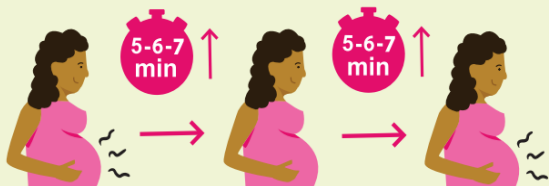
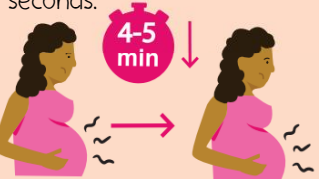


Irregular.
The cramps or contractions last less than 60 seconds.
The time between the start of the contractions is longer than 5 minutes.



CONTRACTIONS

Regular contractions that restart every 4-5 minutes for an hour.
The contractions last 60-90 seconds.



CONCERN WORRY

Always call when:
- concerned or worried
- any questions/ uncertainties about the information you received



CALL YOUR OBSTETRIC CARE PROVIDER ON THE EMERGENCY NUMBER!!