

All About Women understands the excitement and anticipation surrounding the arrival of your new baby! But we also know it can bring a lot of questions and uncertainties. Here is a brief overview to help you understand what to expect towards the end of your pregnancy and possibly scheduling an induction of labor with your provider.

IF YOU ARE 37 WEEKS OR MORE CALL OUR OFFICE OR GO TO TRIAGE FOR ANY OF THE FOLLOWING:

- Painful contractions that are 5 min apart x1 hour
- Your contractions are regular and are increasing in frequency, intensity and duration
- A sudden gush of fluid or consistent trickling of fluid from the vagina
- A severe headache (not resolved with Tylenol and hydration), visual changes, and/or severe upper right-sided abdominal pain
- A decrease in fetal movement:
 - Go to the hospital if your baby is not meeting their kick counts OR has had a decrease from their normal movement patterns

“How To Tell When Labor Begins FAQ”

<https://www.acog.org/womens-health/faqs/how-to-tell-when-labor-begins>

IF YOU ARE HAVING PAINLESS OR MILD CONTRACTIONS THAT ARE IRREGULAR OR MORE THAN 15 MINUTES APART:

1. Stop what you are doing
2. Empty your bladder
3. Drink 2-3 glasses of water (inadequate hydration is the number one cause of preterm contractions and cramping)

*If your contractions stop, call your doctor's office during regular business hours to discuss. If contractions do not stop, go to the hospital.

Your provider may talk with you about scheduling an induction for medical reasons during your pregnancy. Generally speaking, elective inductions are not offered due to hospital availability, talk with your provider if you have more questions about this.

Once you and your provider have made a delivery plan our office makes every effort to get you scheduled on the desired date, however, we are subject to the schedule and availability of the hospital.

Look out for text messages from the hospital, the number may appear like spam starting with a toll free area code such as 855 or 844, keep a close eye not to delete those! These messages provide important information and instructions for your induction.