

***OB/GYN Women's Health Center***

***Emad Mousa, MD***

***1125 Ellen Kay Dr. Ste. B***

***Marion, OH 43302***

***Tel: 740-383-4090***

***Fax: 740-383-2850***

***www.MyLocalObGyn.com***

***Instructions for Suspected Labor***

There are three signs of labor to watch for. You may have one or more of these signs:

**1- BLOODY SHOW:**

This may occur before or during labor. The "show" is blood tinged mucous that is discharged when the mouth of the womb opens or dilates. If this occurs after 36 weeks, it is normal and do not be concerned about it.

***IF YOU HAVE HEAVY BLEEDING LIKE A PERIOD, CALL OUR OFFICE IMMEDIATELY!***

**2- BAG OF WATER BREAKS:**

This is the fluid that surrounds your baby and protects it during your pregnancy. The bag may just leak and you will feel wet all the time or it may gush and the fluid will run down your leg.

***CALL THE OFFICE IMMEDIATELY IF YOU THINK YOUR BAG OF WATER BREAKS!***

**3- CONTRACTIONS:**

The pains or contractions begin as mild and irregular, but then become stronger and closer together. You should time your contractions. When you feel one starting, write down the time. When the next one starts, write down the time. Record and time the length of the contraction. After 36 weeks gestation (when you are one month before your due date) and your contractions come every 10 minutes for one hour, call our office and speak to one of our healthcare providers. If you are less than 36 weeks and you feel four or more contractions in an hour, call our office. You may be in Pre-term labor.

***PLEASE DO NOT LEAVE YOUR HOME WITHOUT SPEAKING TO A DOCTOR.***

When the office is closed, our answering service is instructed to contact the on-call physician and he/she will call you back. Always call **(740)383-4090**. If because of a mechanical or electrical problem you do not hear from the doctors in a reasonable amount of time, please call **Marion General Hospital - Labor and Delivery** at **(740) 383-8787**. When you arrive at the hospital, always enter through the EMERGENCY ROOM and you will be directed to the labor and delivery suite from there. One of the doctors or a registered nurse in the delivery room will be there to examine you.