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Labor Precautions (When to Call The Doctor)

1. CALL -when you have painful, regular contractions every 8-10 minutes apart for at least one hour without stopping.
2. CALL -if your bag of water breaks. Sometimes there is a big gush of fluid, and sometimes it is just a continuous trickle. Don't wait for contractions to start before you call.
3. CALL -if you have vaginal bleeding that is continuous and as heavy as a menstrual period. It is normal to pass some blood with mucus before you go into labor. This is called "bloody show" or a "mucous plug".
4. CALL -if your baby does not move at all during any 4 hour period while you are awake. It is not necessary to stay awake all night to monitor your baby's movements.
5. CALL -if your baby moves much less one day than it did the day before. Before you call, try eating something or drinking something sweet, like fruit juice, to try to stimulate the baby's movements. The baby often seems to move more at night and after meals than at any other times.
6. CALL -if you are having severe, continuous abdominal pains.

THE NUMBER TO CALL - DAY OR NIGHT
473-2424