



When Should I Go to the Hospital?

Congratulations!

We are so excited for you and your upcoming delivery.

If you are greater than 36 weeks and you are having **any of the following symptoms**, go directly to **Banner Desert Medical Center, Women's Center**. You do not need to call the office.

- If you suspect your **bag of water has broken**. It is very important that you not take a bath, have sex, or place anything into the vagina if you suspect your bag of water has broken.
- If you are having regular **contractions** that are 5 to 6 minutes apart, lasting 45 to 60 seconds and making it difficult to walk or talk through.
- If your contractions are strong enough that you think you may want to have something for pain soon or if you feel you want to have your cervix checked.
- **Decreased or absent fetal movements**. If you have not felt at least four movements in the past hour, stop whatever you are doing, drink something cold and sweet, and lie down on your side for one hour. Within 20 minutes, your baby should start to move and be active. If you do not feel at least four movements in the next hour, go to the hospital immediately for monitoring.
- **Bright red blood** is never normal during pregnancy.
- The “mucus plug” is somewhat of a misconception. The cervix contains a significant amount of mucus that can come out at certain times. Occasionally, women may lose a large amount of mucus, especially late in pregnancy and with cervical change. Unless accompanied by contractions, the “mucus plug” is not an indicator of labor.

You do not have to notify your provider. The hospital will call us when you arrive.

We have both male and female physicians in our practice, and one of them will be on-site 24 hours a day. If your provider is unavailable, the on-call physician will take care of you. The call schedule can be found on our website at <http://www.swewc.net/doctor-call-schedule/>.

GBS Culture - FYI

A swab of the vaginal and rectal canals is obtained between 35 to 37 weeks. Group B Strep is bacteria that occur in about 20 to 35 percent of women who usually have no symptoms. In a few rare cases, infection from the bacteria can cause serious harm to the baby. Less than 1% of women who have Group B Strep will have an affected baby.