



When to Call Your Provider

Call your provider if you have:

- Severe headache
- Bleeding or leaking from your vagina
- Seeing white spots or having visual changes
- Pressure/pain that comes and goes 6 times an hour
- Non-obstetrical complaints which are NOT urgent. In case of an emergency, please call 911.

When to Go To the Hospital

Our providers render services at Banner Desert Medical Center. When you arrive at Banner Desert Medical Center go to the Maternity Department. 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/>.

Go to the hospital if you have:

- **Contractions** after 36 weeks gestation that are 5 to 6 minutes apart, lasting 45-60 seconds, and are difficult to walk or talk through.
- Prior to 36 weeks gestation, **contractions** or tightening closer than 10 minutes apart, or greater than 6 to 7 contractions in one hour. You should force fluids (32 oz in one hour), empty your bladder, and lie down on your left side for one hour. If the contractions persist, go to the maternity department at Banner Desert.
- If you suspect your **bag of water has broken**. It is very important that you not take a bath, not have sex, or not place anything into the vagina if you suspect your bag of water has broken.
- **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.

Pre-Registration @ Banner Desert Medical Center

It is important to pre-register at Banner Desert Medical Center. This will save you time on the actual day of delivery. Banner Desert offers this convenient service to make your baby's birth as smooth as possible. You can complete your patient registration online at www.BannerHealth.com/registration. You can also contact Admitting with any questions **480-412-3188**.