

DOCTORS EICHENLAUB AND MAY

Obstetrics & Gynecology

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It's almost time!

What do I do if....

...I don't feel the baby moving as much?

If it has been several hours since you last felt your baby move, drink some juice, have a snack, and lie down on your side. Concentrate on feeling your baby's movements, and if after an hour you still aren't feeling any movement call the office.

...I start bleeding?

You may have some spotting after sexual intercourse, after the doctor or midwife checks your cervix, or after the doctor or midwife strips your membranes, and this is normal. When you go into labor you may also notice bloody show, which is red mucousy discharge. This happens as the cervix starts to dilate, and is a normal part of labor. Heavy bleeding, like a moderate to heavy period, or passing clots larger than a quarter, is not normal and you should call the office.

...I lose my mucous plug?

You may lose your mucous plug before going into labor or when you are in labor. Losing your mucous plug does not mean labor has started, and it is not harmful to you or your baby. It is part of your body's preparation for delivery and may happen several days before labor begins.

...I think my water might have broken?

If you have a gush of fluid and keep leaking enough fluid that you have to change a pad more frequently than once an hour, call the office. If you have a gush of fluid and don't leak any more fluid, change your underwear, put on a clean pad, and walk around for 1 ½ to 2 hours. Check the pad and if it is soaked with fluid, call the office. If the pad is damp or dry, the gush was probably not your water breaking. If you suddenly start having a lot more clear watery discharge, even if there was not a gush of fluid, call our office.

...I can't tell the difference between real and Braxton-Hicks/false contractions?

Braxton-Hicks or “false” contractions become less painful and less frequent when you drink a lot of water, have a snack, take a warm shower/bath, walk around, or wait a few hours. Real contractions will become more painful and get closer together no matter what you do.

What do I do if...

...I think I am in labor?

If this is your first baby or if you have only delivered babies vaginally, call our office when you are having contractions painful enough to take your breath away that are regular, consistent, and have been coming every 4-5 minutes for at least TWO hours. Before calling, we ask you to try drinking lots of water, walking around, having a snack, or taking a warm shower/bath; if none of these things are making your contractions less frequent or painful it is more likely you are in “real” labor.

If you are scheduled for a c/section or you are going to attempt a VBAC (vaginal birth after cesarean), call our office when you are having contractions painful enough to take your breath away that are regular, consistent, and have been coming every 4-5 minutes for at least ONE hour. Before calling, we ask you to try drinking lots of water, walking around, having a snack, or taking a warm shower/bath; if none of these things are making your contractions less frequent or painful it is more likely you are in “real” labor.

When you think labor has started and you call our office, please let us know the following information:

- ◆ When you started having contractions.
- ◆ What number baby this is (for example, is it your first baby? Your third baby?).
- ◆ If your water has broken.
- ◆ If you are scheduled for a c/section or are attempting a VBAC.
- ◆ Your GBS status if you know it, especially if it is positive.

Every patient and every situation is unique. These are only guidelines; please follow your provider's orders and recommendations.

Office: 717-509-5090

Triage nurse (Sarah): 717-509-5055