

South Florida Women's Care
Obstetrics & Gynecology



PRETERM LABOR AND LABOR PRECAUTIONS

If you are less than 36 weeks, please go to the hospital if you have:

1. **Contractions:** Contractions feels like menstrual cramps. You should go to the hospital if you have more than 6 contractions in an hour, even after you have rested and drank at least 16 ounces of water.
2. **Vaginal Bleeding:** You bleeding requiring the use of a pad.
3. **Leaking Fluid:** sometimes it is obvious when your water breaks causing a huge gush of fluid. However, many times it may it may be much more subtle. You should go to the hospital if you have a constant leakage of fluid from your vagina, enough to soak a pad when you are walking around.
4. **Decreased Fetal Movement:** in you think that you baby's movement is decreased, eat a snack and rest on your left side in a quiet room for one hour. If you have not felt the baby move more than 6 times in an hour **GO TO THE HOSPITAL.**

If you are over 36 weeks, go to the hospital if you experience:

1. **Contractions:** contractions might feel like menstrual cramps. You should go to the hospital if you have strong and uncomfortable contractions and you are UNABLE to talk through them(every 5 mins for 1 hour if it is your first baby or contractions every 7 minutes for an hour if you have had a baby before).Each contraction should last from 30-6 seconds.
2. **Bleeding:** bleeding during pregnancy is not unusual, mostly near the end. Spotting near labor is frequent. However, if you have heavy bleeding we advise to go to the hospital.
3. **Leaking Fluid:** sometimes it is obvious when you water breaks causing a huge gush of fluid. However, many times it may be much more subtle. You should go to the hospital if you have constant leakage of fluid from the vagina, enough to soak ap ad when you walk around.
4. **Decreased Fetal Movement:** if you are not feeling your baby more, eat a snack and rest on your left side in a quiet room for one hour. If you still have not felt the baby move more than 6 times in that hour **GO TO THE HOSPITAL.**

Welcome to our practice!

Please know that we are a group practice and unless
You have a scheduled C-section or induction, the doctor on call will attend your
delivery. We deliver at Baptist Hospital ONLY.

For emergencies call (305) 661-7766