

# Birth Care & Family Health Services

(717) 786-4010

fax (717) 786-4011

Georgetown Office  
1138 Georgetown Rd. • P.O. Box 152 • Bart, PA 17503

Harvest Drive Office  
3469 Harvest Drive • Gordonville, PA 17529

## LABOR TEACHING

### When should I call the Midwife?

- *Call if you think your water has broken.* The midwife will ask what time the water broke, and if there was any color or odor. If you think you might be leaking but are not sure if it's the water, try wearing a pad for an hour or two and see what comes out. Amniotic fluid will continue to leak and leak (especially with contractions) and will not look or smell like urine. Many women do lose urine at the end of pregnancy, even if they have never experienced this before. If it only comes out on the toilet it is probably not amniotic fluid.
- *Call if you are having heavy bright red vaginal bleeding.* It is normal to have a small amount of blood mixed with mucous before or during labor. This is known as 'bloody show', and you **do not** need to report it. You may see this if you recently had intercourse or a vaginal exam. We **do not** need to know when you see a "mucous plug".
- *Call if you do not feel your baby moving.* You should be able to feel at least 10 movements during any 2 hour period.
- *Call when contractions are strong and regular.* It is time to get together with the midwife when the contractions are about every five minutes, lasting a minute, and really taking your attention to work through. If you are able to talk through a contraction, try to rest - the labor is still early. Don't even time the pains if they are not taking all your attention.

*REMEMBER we are always available for phone consultations if you are not sure what is happening or if you have any questions. We would rather have you call us than be worried or concerned at home.*

### Do you remember how to call?

**(717) 786-4010 x1 - Always call your midwives *FIRST*.**

**(717) 256-1201** - Call this number if you think you are in labor and you cannot reach someone on the office line. This number should be used if you cannot reach someone on the main Birth Care line. You will be connected directly to the midwife on duty. If your call is not answered, leave a message with your name, number, birth date and what you are calling about. When you leave the message, both the on-call and backup midwives will be notified immediately that there is a message. If you do not receive a call back within 5 minutes, call this number again.

**IMPORTANT Special Request — Even if you see our home or cell phone numbers on your caller ID, please *ONLY* call through the office unless the midwife has specifically asked you to do otherwise.**

### HINTS FOR EARLY LABOR:

- ✓ Try to rest as much as possible, even if you are only dozing between contractions. Drink lots of fluids and be sure to snack for energy.
- ✓ Ignore your contractions until they are strong enough to really take your attention. First-time mothers often get excited in very early labor and exhaust themselves.
- ✓ If you cannot sleep, try taking a bath or shower, or get some fresh air and sunshine on an easy walk.
- ✓ Some women enjoy having a "labor project" or light work to focus on during the early labor.
- ✓ Spending time on your hands and knees is a good idea at this time.
- ✓ Prepare your mind and heart for the changes and challenges ahead.

Your baby is on the way!