

It's Time!

When your labor begins

Here are answers to many of your questions about when to call and come to the hospital.

Read the chapters "Packing for the Hospital" and "Getting Ready to Give Birth" in this book for more about what to expect during your stay.

Who to Call

- During clinic hours, call your healthcare provider.
- After hours and on weekends and holidays, call your healthcare provider first. If you cannot reach your provider, call the Labor & Delivery unit.

When to Call

Call your healthcare provider or Labor & Delivery when:

- You have contractions every 5 minutes for several hours, if it is your first baby (and you are full-term).
- Your water breaks.
- You have a fever.
- You are bleeding from your vagina.
- You do not feel your baby moving as much as usual.
- You are less than 37 weeks pregnant and think you may be having premature labor (cramping or feeling of tightening 6 or more times an hour). Please see the chapter "Warning Signs During Pregnancy" in this book.
- You have any other warning signs during pregnancy.



Call your healthcare provider or Labor & Delivery when you have any of these symptoms.

When to Come to the Hospital

Call Labor & Delivery before you come to the hospital. Most times, we will ask you to come to the hospital when:

- Your contractions are 5 minutes apart for 1 hour if this is your first baby, or when they are 7 to 10 minutes apart if you have had a baby before.
- Your water breaks – **even if you are not having contractions.** When your water breaks, you may feel wet, you may feel a “trickle” of water, or you may feel a gush of fluid.

Getting to the Hospital

Plan ahead for how you will get yourself to the hospital when the time comes. Also know who will be with you at home in early labor.

For maps and parking information for your hospital, please visit www.uwmedicine.org/services/obstetrics/labor-and-delivery. Scroll to the bottom of the page and click on “Getting to the Hospital.”

If you cannot get a ride and you have a medical coupon, a transportation broker, such as Hopelink or Paratransit, can help get you a ride to the hospital. Call Labor & Delivery, and they will call the broker for you.

Call 911 if:

- You must get to the hospital **right away**.
- You do not feel you can get there safely by car or taxi.

Questions?

Your questions are important. If you have questions about your birth plan, call your healthcare provider during office hours.

If you are in labor, follow your provider’s instructions about calling your provider or your Labor & Delivery unit.