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## **BABY TIME!**

Dr. Mulder is in a call group of 4 physicians. If you have an emergency after normal office hours, call the office and the answering service will page the doctor on call. If you do not hear from the doctor within 30 minutes, you may proceed to the hospital if you are concerned that your situation cannot wait. Dr. Mulder tries to deliver her own patients even when she is not on call, but it is not always possible. If you go into labor when they are unavailable then your care in the hospital and/or your delivery may be managed by the on call doctor.

### **When is it time to call the doctor?**

- 1. When you think you are in labor.** It's generally time to go to the hospital when your contractions are 5 minutes apart, they appear to be getting longer and stronger and stay that way for an hour. Contractions are timed from the beginning of one to the beginning of the next. If there is any doubt, lie down on your left side and drink 3 glasses of water. If the contractions space out or go away, then it is false or early labor.  
**Active labor contractions:** 30 to 90 seconds long, progressively longer, stronger and closer together.  
**False or Early labor contractions:** irregular lengths, irregular intervals, irregular strength, made better or worse with rest or activity or hydration.
- 2. When you think your water has broken.** If you feel a large gush of fluid, it may be that you have broken your water. Small irregular leaking or discharge is common in the weeks leading up to labor. Mild incontinence of urine is normal with a term pregnancy and usually occurs with coughing or sneezing. If you think you have broken your water, please go to Labor and Delivery to be examined.
- 3. If you have heavy bleeding.** Some spotting is normal, especially after cervical examinations. However, if you experience more than this call the office.
- 4. If you have severe pain.** Severe pain can be an emergency. Please call the office or go to Labor and Delivery.
- 5. If the baby is not moving.** In general, babies will move an average of three times per hour with more and less active periods daily being normal. As the pregnancy progresses, it is normal to feel smaller movements but movement should continue to be frequent. If your baby is not moving normally, lie down on your left side and drink a beverage such as juice. Focus on the baby's movement. If the baby has not started moving within one hour, call the office and proceed to Labor and Delivery.

<p>During office hours we would like for you to call prior to going to the hospital. After office hours, you should go to Labor and Delivery at Summit Hospital.</p>
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