

Labor Precautions

Please call the office if any of the following occur:

- Your bag of water breaks
- You experience heavy bleeding
- You have contractions every 5 minutes for 2 hours
- You develop a temperature >100.4 degrees Fahrenheit
- You have excessive nausea or vomiting

If your baby's movements have decreased in the last 24 hours or you do not feel your baby move for 4 hours, do the following:

- Eat a light meal
- Drink cold water
- Rest on your left side for 20 minutes.

If your baby does not become more active, call our office for further instructions.