



Labor Instructions

If you think you might be in labor or having preterm labor, but are not sure please call our clinic:

- During regular clinic hours, call Center for Women's Health at 541-686-7007 and ask to speak to a Triage Nurse.
- Evenings, nights and weekends, call Center for Women's Health at 541-686-7007. The call will be answered by a triage nurse who will answer your questions and give you directions based on your situation. An OB doctor will also be at the hospital 24/7.

Normal Labor:

- Can begin from 37 weeks on – or approximately 3 weeks before your due date.

If you are in labor or have any of these signs:

- Your bag of water breaks.
- You feel any leaking of fluid.
- You have any vaginal bleeding that is bright red and more than a period.
- You experience contractions (painful tightening of your uterus) that are time-able and come every 3-5 minutes apart for at least an hour.
- You have a history of very fast labor. Call as soon as contractions become regular and 5-7 minutes apart.
- Your baby is not moving.

True labor vs Braxton Hicks contractions:

True Labor	Braxton-Hicks
Intervals regular from the start (20-30 min) and intervals gradually shorten	Intervals irregular. And remain long (5-10 min)
Gradual increased intensity	Intensity remains the same
Contractions duration increasing (60-90 sec)	Duration variable: under 30 sec.
Whole abdomen firm, hard (like forehead)	Whole abdomen soft (like nose)