

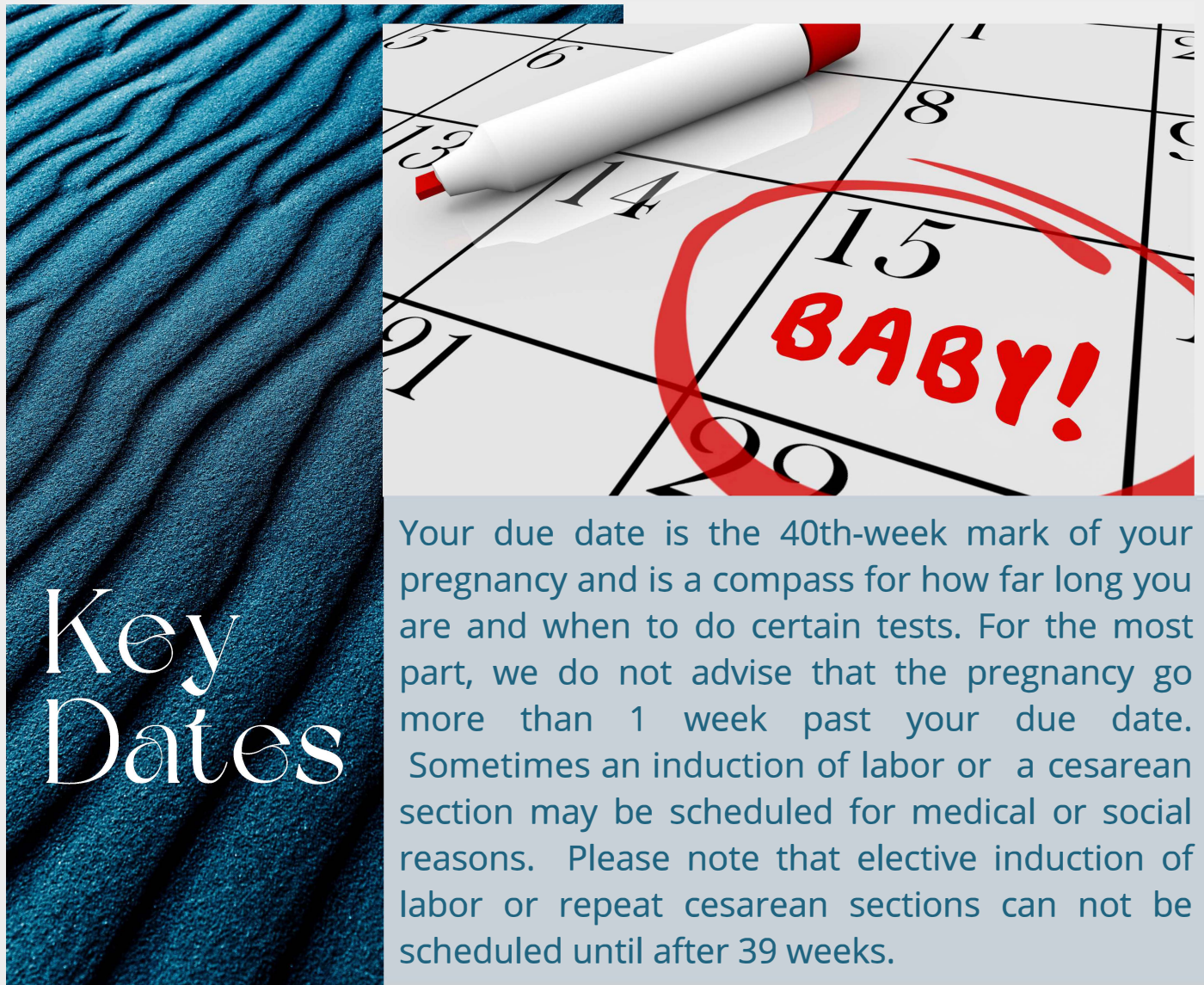


# Preparing for Labor & Delivery

*Adriatica Women's Health*

6609 Virginia Parkway  
Mckinney, TX 75071  
972-542-8884

2200 E. Prosper Trail, Suite 10  
Prosper, TX 75078  
972-542-8884



# Key Dates

Your due date is the 40th-week mark of your pregnancy and is a compass for how far long you are and when to do certain tests. For the most part, we do not advise that the pregnancy go more than 1 week past your due date. Sometimes an induction of labor or a cesarean section may be scheduled for medical or social reasons. Please note that elective induction of labor or repeat cesarean sections can not be scheduled until after 39 weeks.

Date of Induction:

Date:\_\_\_\_\_ Time:\_\_\_\_\_

Date of Cesarean Section:

Date:\_\_\_\_\_ Time:\_\_\_\_\_

Date of Postpartum Appointment:

Date:\_\_\_\_\_ Time:\_\_\_\_\_

OB Nurse

Rhnea Aymond ext. 143

OB Billing Coordinator

Veronica Salinas ext.153

OB Scheduler

Lazette Eley ext. 158

# Hospitals

- Baylor Scott & White McKinney  
5252 W. University Dr./Highway 380  
McKinney, TX 75051  
469-765-6100
- Medical Center of McKinney  
4500 Medical Center Drive  
McKinney, TX 75069  
972-547-8000

## Anesthesia

Both Hospitals utilize Allen Anesthesia. You may receive a separate bill from them.

- Allen Anesthesia Associates  
972-747-5840

## Antenatal Testing

Sometimes because of maternal medical problems, maternal age, or obstetrical problems that develop, we need to do weekly testing for fetal well-being. These tests may not be part of the global obstetrical fee. They include:

- Non-stress test (NST)- monitoring the baby's heart beat on the fetal heart-rate monitor
- Biophysical Profile (BPP)-an ultrasound which observes certain fetal movements and the amniotic fluid.



## Hospital Pre-registration

You should pre-register for the hospital between 28-36 weeks.

- Baylor
  - BSWHealth.com/preregistration
  - 877-810-0372
- Medical Center of McKinney
  - medicalcityhealthcare.com/patients-visitors/online-preregistration.dot
  - (844) 699-5958



# What is Labor?



You are in labor when the muscles of your uterus contract so that your baby can be born. During labor, the uterine muscles tighten and the opening of the uterus (the cervix) thins and opens. The baby moves down the birth canal and is born. After delivery of the baby, the placenta also comes out of the uterus. This is the last part of labor.

Every labor is different. How long it lasts and how it progresses varies from woman to woman and from birth to birth. There are, however, general guidelines for labor that a health care provider uses to decide whether it is progressing normally. If it is not progressing normally, you may need medical assistance or surgery (a cesarean delivery). If you have signs of labor before 37 weeks of pregnancy, the labor is considered preterm. You should call your provider right away if you have any signs or symptoms of labor before 37 weeks.

## How does labor start?

No one knows exactly what starts the labor process. However, we do know that certain hormones, such as oxytocin and prostaglandin, cause uterine contractions and the thinning (effacement) of the cervix. Perhaps hormones from the baby trigger labor by stimulating the mother's hormone production.

The start of labor is defined as the time when regular uterine contractions cause the cervix to open and thin.

- Passage of a small amount of blood-tinged mucus from the birth canal. This is called "show" or the mucous plug. It may occur 1 day to several weeks before labor actually begins or it may happen after a vaginal exam.
- A trickle or gush of water from the birth canal. May be the breaking of the amniotic sac, also called the bag of water. The amniotic sac surrounds the baby. If your bag of water breaks, contact your provider right away.

**CALL 972-542-8884 if you think you might be in labor. This number is answered 24 hours a day!!!**

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## What to Expect at the Hospital

At the hospital, you will be evaluated by the in-house OB hospitalist (this physician is not a member of Adriatica). If you are in labor, the on-call provider will be notified and a nurse will complete a physical assessment including taking vital signs, drawing blood, and starting an IV. Monitors will be placed on your abdomen to monitor your contractions and the baby's heart rate.

## Anesthesia

For a vaginal delivery, you may decide to have an epidural for anesthesia. The anesthesia provider will discuss your anesthesia plan with you. If you are having a scheduled cesarean section, you will likely have spinal anesthesia.

## Patient Safety

- You will receive wristbands that will be checked several times to verify your identity & allergies.
- Once your baby is born, you and your partner will be given wristbands that match the baby's band.

## Family & Visitors

While you are in Labor & Delivery, you may have 2 family members in the room with you. There is a waiting room for other members. The hospitals are Wi-Fi accessible.

### Pre-op Cesarean Instructions

- Six hours before surgery eat a piece of toast, jelly, and a sports drink (Gatorade); if you are not diabetic
- Two hours before surgery, drink 8oz of another sport drink (Gatorade)



# After Vaginal Delivery

- Immediately after a vaginal delivery, we will try to do delayed cord clamping to allow your baby to get extra "love" from you. Sometimes, the baby may need immediate attention and this can not be done.
- For a vaginal delivery, your partner (or you) may cut the cord.
- After the cord is cut and the baby is stable, we will place the baby on you for "skin to skin" time for about an hour.



# During and After a Cesarean section

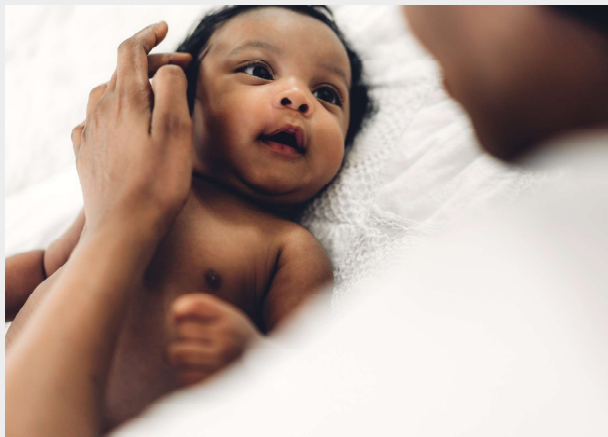
- At the time of your c-section, you will walk to the operating room and the anesthesia provider will place spinal anesthesia.
- Afterward, the baby's heart rate will be checked and a foley catheter will be placed.
- Your abdomen will be prepped and draped. Once the surgery begins, the baby will be delivered in the first 5 minutes.
- Once the baby is out, we will try to milk the cord 5 times. Sometimes, the baby may need immediate attention and this can not be done.
- We will also try to leave the cord long so your partner can "ceremonially" cut the cord.
- Once the baby is evaluated, you will be offered for the baby to be skin to skin while your physician completes the surgery. A pain ball will be placed with a tube to your incision for postoperative pain control. The tube will be removed in 48 hours.
- After the surgery, you will go to the recovery room with your baby and partner and continue "skin to skin". You may try to breastfeed if you like.
- You will be in the hospital for 2-4 days post op.



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# Postpartum



- After a vaginal delivery, you will be discharged 24-48 hours afterward. After a cesarean delivery, you may be released 2-4 days after surgery.
- While in the hospital, you will be rounded on daily by one of the Adriatica physicians or midwives. Even though you may not see your physician, your physician is aware of your progress and status.
- You must have a properly installed car seat to take the baby home.

## Post-Delivery Instructions

CALL US AT 972-542-8884 IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A TEMPERATURE GREATER THAN 100.4.
- YOU WILL BLEED FOR 4-6 WEEKS AFTER DELIVERY AND IT MAY STOP, THEN START AGAIN. CALL US FOR PROFUSE VAGINAL BLEEDING.
- SEVERE ABDOMINAL PAIN.
- DIFFICULTY BREATHING OR SHORTNESS OF BREATH.
- PAIN IN YOUR CALF OR YOUR LEG.

DO NOT IMMERSE THE INCISION IN WATER.

NO HEAVY LIFTING OR STRENUOUS ACTIVITY.

NO SEXUAL INTERCOURSE FOR 6 WEEKS.

DO NOT DRIVE UNTIL YOUR PHYSICIAN SAYS IT IS SAFE TO DO SO.



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ADRIATICA

Women's Health

**OB/GYN**

# Thank You

Tracey A. Banks, MD  
Lori Halderman, MD  
Christi Kidd, MD  
Michon McCloud, MD  
Labeena Wajahat, MD  
Elizabeth Marley, CNM  
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