



## ***Your birth, your way!***

### *37 weeks*

Many women are concerned that they will not know when labor starts or that they will come to the hospital and be sent home because they are in “false labor”. The only way to know if you are in labor is to be evaluated.

- When your contractions are **long** (60-90 seconds), **strong** (the intensity increases as time goes by) and **consistent** (every 3-5 minutes for 1-2 hours) you need to call our office to let us know.
- If you have a history of rapid labor, you will need to call earlier.
- If your water breaks you will need to call, even if you don't have any contractions.
- If you call during business hours the message will be passed along to the on-call doctor or midwife.
- If you go into labor after hours or on the weekends, our answering service will send your message to the on-call doctor or midwife. Your call will be returned.
- If you do not hear back from one of the providers within 30 minutes, please call back.

Call us at 972-542-8884 if:

- You have regular contractions
- Your water breaks
- You experience decreased or absent fetal movement
- You have bleeding
- You have a headache, high blood pressure, or are worried about what you are feeling

*Gestational age:* \_\_\_\_\_

*Today's weight:* \_\_\_\_\_

*Total weight gain:* \_\_\_\_\_

*Next appointment:* \_\_\_\_\_