Calling instructions pregnancy childbirth

COMMON		CALL IN THE EVENT OF:	
37 - 42	A childbirth that occurs between 37 and 42 weeks	**Labour term**	< 37 • Before 37 weeks' pregnancy term: • Loss of amniotic fluid • Cramps or prelabour that are regular and/or painful
	• Less than during menstruation • Clear red or brownish	**Blood loss**	• Greater amount of blood loss than during menstruation • Blood clots
	• Clear (with or without white flecks) • Follow the instructions of your midwife care worker for calling	**Amniotic fluid - colour**	• Green or brown colour • Call when you first observe this colour, during the day or in the night
	Head of the baby descends into the pelvis	**Amniotic fluid and descent of the baby**	• Call if during the last check-up the head has not properly descended and your water breaks •
4 5	• Irregular • The contraction does not last longer than 40 - 60 seconds • The time between contractions is longer than 4 – 5 minutes	**Contractions**	4 5 • Regular pattern for 1 hour and • The contraction is longer than 40 - 60 seconds • The time between contractions is less than 4 – 5 minutes • *If this is not your first time for giving birth, call in the event of severe regular contractions*
		Concern	? ? • Always call if concerned or worried • Any questions on the information supplied

CALL YOUR MIDWIFE CARE WORKER ON THE EMERGENCY NUMBER