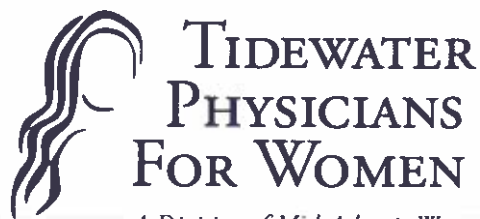


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Signs of Labor

If you are pregnant and greater than 37 weeks, here are signs of labor that you should come to the hospital for:

- Contractions or cramping that occurs every 5 minutes for at least 1-2 hours.
- Leakage of fluid that is continuous and may be a sign of membrane rupture, especially if you are soaking through a pad in 20-30 minutes. Fluid may appear yellow, straw colored, green, or blood tinged.
- Vaginal bleeding is concerning, especially if it is very heavy such as soaking through a pad.
- Decreased Fetal Movement: If your baby is not moving or it is noticeably less movement than normal.
- Having elevated blood pressure readings at home (>140/90), headache, chest pain, shortness of breath.

If you are pregnant and 24-37 weeks, here are signs to come to the hospital for:

- Contractions or cramping that occurs every 10 minutes or less and is not resolved with rest and hydration.
- Sudden severe abdominal pain.
- Leakage of fluid that is continuous.
- Vaginal bleeding: Any vaginal bleeding is concerning, especially if it is heavier than spotting.
- Decreased Fetal Movement: If your baby is not moving or it is noticeably less movement than normal. Sometimes, you may want to try to drink or eat something and see if movement picks up within 20 minutes.

If you are unsure and have questions, then you should call your doctor at Tidewater Physicians for Women at 757-461-3890 between the hours of 8:30am – 5:00pm.