



When Labor Begins

Congratulations! You have now entered your 35th week of your pregnancy.

Now would be a good time for you and your family to do a final check to make sure you are ready for the arrival of your new family member:

- _____ Your home is prepared.
- _____ You have registered with the hospital where you plan to deliver.
- _____ You have selected a pediatrician.

Now all you have to do is wait for labor to begin.

When labor starts call your Healthcare Provider at one of the numbers listed below:

FORT MYERS OFFICE 9021 Park Royal Drive (239) 432-5858

CAPE CORAL OFFICE 1265 Viscaya Parkway (239) 574-2229

IF IT IS AN EMERGENCY, YOU ARE TO GO DIRECTLY TO THE HOSPITAL OR CALL 911

Signs of Labor

CALL if you have any of the following signs and symptoms:

- ✓ Regular uncomfortable contractions 4-5 minutes apart lasting for 45-60 seconds for at least one hour
 - ✓ Increase in pelvic pressure
 - ✓ Leaking any fluid
- ✓ Bleeding or increase in vaginal discharge
- ✓ Decrease in the baby's movement/activity
 - ✓ Any other questions you may have

Your Health Care provider may give you additional instructions to follow depending on your individual needs.