



Women's Group of Franklin

Labor Precautions

This is a basic list of what to look for when you are late in pregnancy. Please call the office at 615-778-0010 if you have any questions or concerns or are heading to the hospital. If you cannot wait for your doctor to return your call, proceed immediately to Williamson Medical Center. You will need to enter the hospital through the Adult Emergency Room entrance.

Call your doctor for any of the following:

1. **CONTRACTIONS** — It is normal for you to have contractions off and on in late pregnancy. They may occur high or low in the abdomen or in your back. Count the minutes from the start of one pain/tightening to the start of the next. If the contractions are occurring **every 5 minutes or closer together and stay that way for at least an hour**, call your doctor.
2. **WATER BREAKING** — Most women's water breaks after they are contracting, but sometimes the water breaks without any contractions. **Call us immediately if you think your water has broken** regardless of whether or not you are having contractions. Water breaking is usually an obvious gush of clear fluid, however sometimes it is discolored or just a little trickle down the leg. If in doubt, call your doctor.
3. **BLEEDING** — It's normal to notice some light spotting or pinkish streaks of blood if you lose your mucus plug or after a cervical exam. However, bleeding at other times, or bleeding that is bright red or as heavy (or heavier) than a normal period, should be reported to your doctor right away.
4. **DECREASED FETAL MOVEMENTS** — As you near labor, your baby may move a little slower, but you should still feel daily movements. Short rest periods are normal. If you notice fewer movements than usual, lie down in a quiet place free from distractions and focus on your baby for 1-2 hours. If you feel fewer than 10 movements in two hours, call your doctor right away.

A final word about the **mucous plug**: Increased vaginal discharge is common in late pregnancy. It may be streaked with a small amount of blood. Losing the mucus plug can happen alongside other signs of labor, **but by itself, it does not mean labor has started.**

**Please call admitting at 615-435-5010 from 8:00 a.m. - 5:00 p.m.
on Monday - Friday to pre-register at 35 weeks.**