

When to go to the hospital

Listen to your body

When you are near the end of your amazing journey, it is normal to have mixed feelings about the birth process, meeting your baby, and how you will recover. Try to tune in to your body and the signals that it's sending you that labor may be starting. If you're feeling uncomfortable, have regular, recurring cramps, more discharge or lower back pain, your body may be signaling that it's starting the journey that leads to birth.

Ask your provider

Every provider has their own set of guidelines about when it's best for you to go to the hospital. Be sure to discuss when to call and when go to the hospital with your provider. It helps to keep their instructions handy and have all the important phone numbers posted by your phone.



When to call your provider

- Your water bag has broken and the fluid is green, brown, or all red.
- You have vaginal bleeding or a fever.
- Your water bag has broken and the baby is in a breech position.
- You haven't felt the baby move in 3 hours or longer.
- Your water bag has broken and your Group B strep test was positive.

My instructions:

Important phone numbers:

Doctor/Midwife

Hospital

Read *Your Personal Guide to Breastfeeding* before the baby arrives.