



Calling instructions pregnancy childbirth

COMMON

CALL IN THE COMMON EVENT OF:

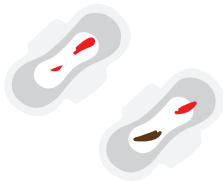


A childbirth that occurs between 37 and 42 weeks

Labour term



- 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



- Irregular
- The contraction does not last longer than 40 - 60 seconds
- The time between contractions is longer than 4 - 5 minutes



Contractions



- 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





Calling instructions pregnancy

COMMON:

CALL IN THE EVENT OF:

If you have one or more of these complaints after a pregnancy term of 20 weeks:



- Headache
- Seeing stars/flashes of light
- Vomiting
- Feeling of tightness around the head or upper abdomen
- Pain in the abdomen or between the shoulder blades
- Sudden facial fluid retention
- Tingling in the fingers
- Clear red blood loss



Blood loss is always a reason for consultation. A small amount of blood loss can occur during a regular pregnancy term.

Blood loss



Tip: Do not dispose of your underwear or pantyliner in the event of blood loss



• A regular and identifiable pattern of movements after 28 weeks.
Tip: Lying on your left side allows you to feel the movements of the baby best

Baby movements after 28 weeks



- Less baby movements than you normally experience
- During relaxation and paying attention, there is less than 10 times movements within 2 hours
- Concern about the amount or strength of the movements



- Urine
- Discharge, also when more watery than normal

Fluid loss before 37 weeks



- Constantly wet underwear
- Continuous small doses of fluid loss
- Green/brown fluid loss



- Prelabour when active or when the baby is moving
- Not painful
- No regular pattern

Prelabour/ cramps before 37 weeks



- Worsening of cramps
- There is regularity (every half hour or more frequent)
- Painful

Concern



- Always call if concerned or worried
- Any questions on the information supplied

