



LABOR INSTRUCTIONS:

Call your doctor at 541-389-3300 with the following labor signs:

- Contractions become closer, longer, and more intense over time. Regular contractions are five minutes apart, lasting 50 to 60 seconds for at least one hour. If this is your first baby, you may wait about two hours. True labor contractions become stronger and more regular with time and are not influenced by your activity.
- The bag of water ruptures. You might notice a gush or a trickle of fluid depending on how much fluid is in the sac or where the break occurs.
- Onset of any bright red vaginal bleeding. It may be normal to have some pink or brown tinged mucus-like discharge, especially after a vaginal examination.
- The baby's movement has significantly lessened.