

When to go to the Hospital

Has your water broken?

- Can be large gush or small continuous trickling
 - Will be more than moist or damp
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Are you bleeding?

Go in if you begin bleeding like a period

Are you contracting?

First Baby

- Wait until you are having contractions every 3 to 5 minutes from the beginning of one contraction to the beginning of the next
 - Contractions will be painful and come and go
 - Once regular, they should not go away when you lie down and drink water
 - If some spotting occurs as you begin contracting this is okay

Second + Baby

- Contractions should be regular and painful every 5 minutes
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Please remember that if severe pain, bleeding, or rapid progression of contractions occur you should go to the hospital **immediately**.