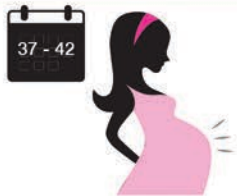




# Calling instructions pregnancy childbirth

## COMMON

## CALL IN THE 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

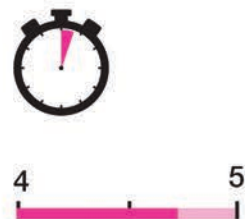


Head of the baby descends into the pelvis

### Amniotic fluid and descent of the baby

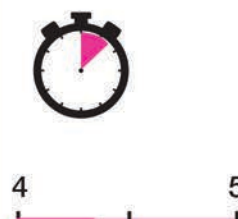


- Call if during the last check-up the head has not properly descended and your water breaks



- 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



CALL YOUR MIDWIFE CARE WORKER ON THE EMERGENCY NUMBER