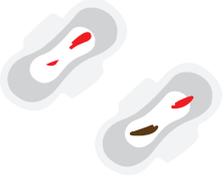
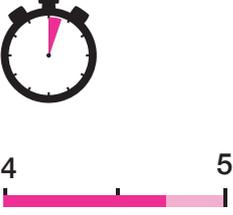
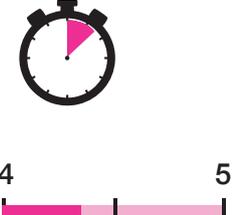




Calling instructions pregnancy childbirth

COMMON CALL IN THE EVENT OF:

 <p>A childbirth that occurs between 37 and 42 weeks</p>	<p>Labour term</p>	 <ul style="list-style-type: none"> • Before 37 weeks' pregnancy term: • Loss of amniotic fluid • Cramps or prelabour that are regular and/or painful
 <ul style="list-style-type: none"> • Less than during menstruation • Clear red or brownish 	<p>Blood loss</p>	 <ul style="list-style-type: none"> • Greater amount of blood loss than during menstruation • Blood clots
 <ul style="list-style-type: none"> • Clear (with or without white flecks) • Follow the instructions of your midwife care worker for calling 	<p>Amniotic fluid - colour</p>	 <ul style="list-style-type: none"> • Green or brown colour • Call when you first observe this colour, during the day or in the night
 <p>Head of the baby descends into the pelvis</p>	<p>Amniotic fluid and descent of the baby</p>	 <ul style="list-style-type: none"> • Call if during the last check-up the head has not properly descended and your water breaks
 <ul style="list-style-type: none"> • Irregular • The contraction does not last longer than 40 - 60 seconds • The time between contractions is longer than 4 - 5 minutes 	<p>Contractions</p>	 <ul style="list-style-type: none"> • Regular pattern for 1 hour and • The contraction is longer than 40 - 60 seconds • The time between contractions is less than 4 - 5 minutes • <i>If this is not your first time for giving birth, call in the event of severe regular contractions</i>
	<p>Concern</p>	 <ul style="list-style-type: none"> • Always call if concerned or worried • Any questions on the information supplied



CALL YOUR MIDWIFE CARE WORKER ON THE EMERGENCY NUMBER