

# Women's Health Partners, LLC

Diplomates of the American Board of Obstetrics & Gynecology  
[www.myobgynoffice.com](http://www.myobgynoffice.com)

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## WHEN TO CALL

This information will help when you enter labor, or when you might have a pregnancy complication. **Please do not go to the hospital without talking to the doctor first, unless you have a severe problem such as heavy bleeding. In that case, go to the nearest hospital or call 911.** If you do not receive a call back within 15 minutes, please call again.

### **ABOUT CONTRACTIONS:**

Contractions usually begin in advance of active labor. It is only necessary to call when they are a consistent 5-6 minutes apart over at least 1-2 hours, and they cause a significant level of discomfort. If your previous labor was fast, or you had a C-section, please inform the doctor you speak with.

### **ABOUT BLEEDING:**

In your last 3 weeks, it is common to have a light spotting, mucous or bloody discharge called "show" and it is not necessary to call **unless bleeding is heavier than menstrual flow, especially if it is bright red or associated with clots.** This show may reoccur a few times. It does not actually predict when you will go into labor.

### **ABOUT RUPTURED MEMBRANES:**

Please call us when you think your water breaks. This is a watery flow, either clear, slightly bloody, or greenish. Please note the color if you can.

### **ABOUT PAIN:**

Some pain will accompany contractions. Strong consistent pain without relief is unusual and should be reported.

### **PHONE NUMBERS:**

(561) 368-3775 (Boca Office) or (561) 734-5710 (Boynton Office) at any time.  
(561) 226-6425 (From Boca Area) Directly to answering service after hours.  
(561) 374-5881 (From Boynton Area) Directly to answering service after hours.  
(561) 488-8000 West Boca Medical Center (ask for Labor & Delivery)  
(561) 395-7100 Boca Raton Community Hospital (ask for Labor & Delivery)

**\*NOTE: We ask that you keep your phone line open, so that we may return calls without receiving a busy signal!!!**

Remember, most labors take between 6 to 24 hours to complete. Be patient, stay calm, rest when you can, drink clear liquids, and refrain from eating large amount of solid food.

## **IF IT IS NOT CLEAR WHAT TO DO, PLEASE CALL**

0655 S.W. 14th Street, Suite 301  
Boca Raton, FL 33433-7056  
(561) 368-3775  
Fax (561) 368-1143 / 392-7139

7345 W. Boynton Beach Blvd., Suite 101  
Boynton Beach, FL 33437-6166  
(561) 734-5710  
Fax (561) 734-9118