

Women's Health Partners, LLC

Diplomates of the American Board of Obstetrics & Gynecology

www.myobgynoffice.com

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

6859 S.W. 18th Street, Suite 200
Boca Raton, FL 33433-7056
(561) 368-3775
Fax (561) 368-1143 / 392-7139

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Boynton Beach, FL 33437-6166
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