



Trinity Womens Care
GYNECOLOGY AND OBSTETRICS

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SO YOU THINK YOU'RE IN LABOR!

First, ignore all this if you are less than 37 weeks gestation. If you are pre-term and have more than 6 contractions in an hour, we want to hear about it!

If you are 37 weeks gestation or greater, call us for these signs of labor:

- Contractions 4 minutes apart (time from the beginning of one contraction to the beginning of the next) for a full hour
- Rupture of membranes (a gush of water that continues to trickle out over the next 20 minutes)

It is normal to pass some bloody mucous, but flowing blood can be a sign of trouble.

Be aware of your baby's movements. You should continue to feel movement even during early labor. Call if you perceive a decrease in fetal movement.

