



Labor Instructions

Normal Labor:

- Can begin from 37 weeks on – or approximately 3 weeks before your due date.

If you are in labor or have any of these signs:

- Your bag of water breaks.
- You feel any leaking of fluid.
- You have any vaginal bleeding that is bright red and more than a period.
- You experience contractions (painful tightening of your uterus) that are timeable and come every 3-5 minutes apart for at least an hour.
- You have a history of very fast labor. Call as soon as contractions become regular and 5-7 minutes apart.
- Your baby's movement is significant decreased or baby is not moving.

If you think you might be in labor or having preterm labor, but aren't sure:

During regular clinic hours:

Center for Women's Health at 541-686-7007

Ask to speak to a Triage Nurse.

Evenings, nights and weekends:

Call McKenzie Willamette Labor and Delivery directly, at 541-726-4471.

The labor and delivery nurses will be able to answer your questions and direct you. An OB doctor will also be at the hospital 24/7.

True labor vs Braxton Hicks contractions:

True Labor	Braxton-Hicks
Intervals regular from the start (20-30 min) and gradually shorten	Intervals irregular. And remain long (5-10 min)
Pain often focused in back	Pain located mainly in abdomen
Gradual increased intensity	Intensity remains the same
Intensify with walking (try walking only after 36 wks)	Walking or laying down may give relief
Contractions duration increasing (60-90 sec)	Duration variable: under 30 sec.
Whole abdomen firm, hard (like forehead)	Whole abdomen soft (like nose)

Things to pack for the hospital:

Mother's Bag

Toothbrush/paste, shampoo/conditioner, soap, deodorant, lip balm,
hair scrunchies, lotion, makeup
Comfortable going home outfit
Eyeglasses/contact lenses and solution
Focal point picture or object
Pajamas/robe/slippers
Warm socks
Nursing bra
Pillow (if desired)
Going home/first outfit for baby
Baby blanket
Baby book

Coach's Bag

Camera/video camera, video tape, tripod, film, batteries, smart phone
Money (for cafeteria/vending machine/gift shop)
CD's, tapes, movies, cards, games
Change of clothes, pajamas, swim trunks
Lotion/massage oil
Personal toiletries
Snacks/drinks if desired, breath mints, gum
Phone number list, cell phone
Baby car seat (this is mandatory)

Women's Health and Birth will provide the following during your stay:

Diaper bag, with diapers and wipes
Long sleeved t-shirts for baby to use while in the hospital
Knit hat for baby
Sanitary pads
Disposable underwear

The hospital does not allow:

Cell phone use within patient care areas
Candles/open flame
Pets