



# Verloskundigen Praktijk De Zon

## Childbirth call instructions: when should you call?

### How to reach us:

Call **0226-345730** and choose **option 1**. You will be connected to the midwife.

If we are not reachable this way, please try again 5 minutes later.

### Bel ons direct:

- ♥ You think you're going into labor **before 37 weeks** of pregnancy.
- ♥ Your water breaks and the **amniotic fluid is green, yellow, or brown**.
- ♥ Your water breaks and the **baby's head is not yet properly engaged** into the pelvic.
- ♥ You experience **unexpected heavy bright red bleeding**.
- ♥ You feel an **urge to push** or a lot of pressure.

### Call instructions:

- ♥ **Worry or uncertainty:** you may always call us if you are anxious, concerned or unsure about anything.
- ♥ **Blood loss:** Always call immediately if you experience unexpected heavy bright red bleeding, more than a normal period. Save any blood-stained underwear or sanitary pads so we can assess it. A small amount of red/brown blood or blood mixed with mucus during contractions is normal.
- ♥ **Mucus plug:** During pregnancy, there is a mucus plug in the cervix. This plug consists of thick mucus, possibly mixed with some blood. You can lose the mucus plug days or even weeks before labor starts. You **don't** need to call.
- ♥ **Contractions:**
  - **First baby:** Call when you have contractions every 3 minutes, lasting 60–90 seconds each, for at least 2 hours, and you need to breathe through them.
  - **Second or subsequent baby:** Call when you have contractions every 4–5 minutes, lasting 45–60 seconds each, for at least 1 hour, and you need to breathe through them. Also call if you feel things are progressing very quickly.
- ♥ **Rupture of membranes (water breaking):** Try to collect and save some of the amniotic fluid.
  - Call during the day (9:00–21:00) if the amniotic fluid is **clear** (white, colorless, light pink, and/or contains flakes). If your water breaks during the night, you may wait to call until morning.
  - Call immediately if the fluid is **green, yellow, or brown**. The baby may have passed meconium, and we want to monitor the baby's condition closely.
  - Call immediately if your water breaks and **the baby's head is not well engaged into the pelvic**. We will have informed you during your appointments if this is the case.
  - If your water breaks without contractions, do **not** take a bath (showering is allowed), do **not** have sex, and do **not** use tampons. We also ask you to measure your temperature three times a day and call us if it exceeds 37.8°C (100°F).