

# HENDERSON & WALTON

## WOMEN'S CENTER, P.C.

### PLEASE READ AND KEEP FOR REFERENCE YOUR LAST MONTH

1. **Hospital pre-admission forms** and information regarding sibling visitation may be obtained from our office. If the pre-admission form has not been sent, please do so now.
2. Your **prenatal visits** will now be weekly or more often as specified by the doctor. These visits may include a pelvic exam in addition to the usual weight check and lab work. It is *possible* to experience painless spotting immediately, or within 48 hours of the pelvic exam.
3. **Low backaches** and **abdominal pressure** may shift to leg pains. Vaginal discharge will likely increase. These symptoms are normal, indicating that the baby has assumed the birth position.
4. For **onset of labor** or any of the following symptoms, notify the doctor immediately, through his/her nurse during office hours, or after hours through the answering service using the regular office number, 930-1800. Please call **before** you come to the hospital.
  - a. When *timed contractions*, (use watch to time from the beginning of one contraction to the beginning of the next), are *regular* and for first time pregnancies are five to seven minutes apart for one hour; succeeding pregnancies ten minutes apart for one hour.
  - b. *Bright red vaginal bleeding*.
  - c. *Rupture of membranes*: a sudden gush of **clear**, watery liquid from the vagina may occur. This **may or may not** be accompanied by contractions.
5. For **admission to the hospital**: Go to **Labor & Delivery** on the 3rd floor of the Women's & Children's Center.
6. Your **hospital stay** will vary according to the type delivery you have, vaginal or Cesarean section. You should check with your insurance company and find out if you have a pre-approved maximum length of stay.

### INTERESTED IN BREAST FEEDING?

Classes are offered on one Friday morning a month at 9:30 a.m. They will be taught by our Nutritionist and will include emphasis on the proper diet during breast feeding and *practical information* as to the methods of breast feeding. Sign up with one of the receptionists.