

The last month of your pregnancy

Just to review signs and symptoms of labor:

Uterine tightening or contractions that are 4-5 minutes apart, lasting for one minute for over an hour. Hospital birthing classes will often refer to this as a 4:1:1 pattern.

If your contractions do not space out by increasing your fluids, rest, a warm bath or shower and they continue in a 4:1:1 pattern...

then you should call the Family Birth Center. Let them know that you are coming in for a labor check. The nurses at the hospital will notify the provider on call once they have evaluated you.

You *do not* need to call the office to say that you are going to the hospital in labor or that you have a heavy vaginal discharge or that you have lost your mucus plug.

**Mt Hood Medical Center
Family Birth Center
503-674-1500**

You should also call and come into the hospital if you think that you have ruptured your membranes or have heavy vaginal bleeding.

For any other emergent or worrisome concerns you should call our office at
503-491-9444