



Southwest Ob / Gyn Associates, L.L.P

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THIRD TRIMESTER INFORMATION

Remember to call and report if one or more of the following symptoms occur:

1. If your water breaks, or you feel you are leaking fluid similar to a period. Please note the color; i.e., green or clear.
2. Heavy bleeding. Spotting or passing the mucus plug is common, especially after a pelvic exam, and you need not call if you pass your mucus plug.
3. If your contractions become regular and painful, such as 5-10 minutes apart, lasting for 30 seconds or more.

At night or on weekends, when you call the answering service to have them notify your physician that you're in labor, please remember to tell them at which hospital you plan to deliver.

Do not hesitate to call if you are unsure of your symptoms and you do not know what to do.

If you have not pre-registered, be sure to have the information readily available upon your arrival at the hospital. Be sure your bag is packed and ready to take with you. Refer to your prenatal guide; perhaps take it with you to the hospital.

Remember to schedule your postpartum appointment for 6 weeks after your delivery. If you have any questions before then, please let us know.

