



Labor Precautions:

We recommend that you report to South View Maternity if you have any of the following signs of labor:

- Contracting every **5 minutes** with the contraction lasting about **1 minute**, consistently for **1 hour**. The contractions are painful and you are breathing through them. This is the **5-1-1** Labor rule.
- Any leaking of fluid from the vagina. This could mean your water broke. Often it is a slow steady trickle of fluid requiring you to wear a pad or you will be soaking through your clothes.
- Bright red vaginal bleeding. This could be an emergency situation and we advise you to go immediately to the hospital.
- If you're not getting your fetal kick counts, report immediately to the hospital. This could be a sign the baby is in distress and warrants evaluation.

Fetal Kick Count Instructions:

- Kick counts are only done once per day, best in the evening, after dinner in a quiet room without distraction.
- Then time how long it takes you to get 10 kicks, flutters, swishes, or rolls. Ideally, you want to feel at least 10 movements within 2 hours. You will likely feel 10 movements in less time than that.
- If you do not get **10 movements in 2 hours** report to the hospital for evaluation right away.