



What To Do When You Are In Labour

You need to be seen before 36 weeks if:

- your water breaks-it may be a large gush, but may also be a small leak that keeps recurring **OR**
- you are bleeding from your vagina **OR**
- you have abdominal pain or on-going cramping, especially with a pattern of increasing strength or regular pattern

You need to be seen after 36 weeks if:

- your water breaks-it may be a large gush, but may also be a small leak that keeps recurring **OR**
- you are in labour and your contractions are approximately five minutes apart (10 minutes if this is not your first delivery) and so strong that you cannot talk through them easily (they may last approximately one minute long by that point) If they are not that strong, you should try to relax, sleep or have a warm bath **OR**
- you are bleeding more than normal "show". "Show" is usually spotting or bloody mucous that may come before or with labour. Excessive bleeding is like a period or more.

In the evening and at night (after 430pm) call or go to Labour & Delivery

The L&D phone number is 705-876-5036. Call if you are uncertain of what to do at night; the L&D staff will give you advice and always know how to reach us 24/7, if necessary.

- Enter PRHC through the Emergency Department and register at the Maternity Registration desk. You will be escorted to the nearest elevators, go up to the 6th floor and you will be right at the entrance to L&D. You must use the buzzer at the door.

During the day, please call the office at 7057411191, for advice during business hours 9am-430pm, Mon -Thurs; 9am-12pm, on Friday

WHAT TO BRING TO THE HOSPITAL

- soap, shampoo and other personal items
- maxi pads, newborn diapers (you will receive a "starter pack" with these items)
- bathrobe, slippers, own pajamas (if you wish)

LEAVE YOUR VALUABLES AT HOME

Labour & Delivery is on W6, Maternity/Newborn Care is on A6

- only 3 support people are permitted (only 1 for c-sections)
- visiting hours are 11am-8pm
- 1 support person (with armband) may visit outside visiting hours

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