

## Approaching Delivery

As you approach your due date, your body will begin showing signs that you are preparing to deliver your baby. The mucus plug passing and the onset of contractions are signs that your delivery is approaching.

The passing of the mucus plug occurs within a few weeks to a few days of the onset of labor. The mucus plug accumulates at the cervix during pregnancy. As the cervix begins to open wider, the mucus plug passes. The discharge may be clear, pink, or slightly bloody. Losing your mucus plug does not indicate that labor will immediately begin.

Uterine contractions occur throughout the later part of pregnancy. Contractions act to soften or ripen the cervix. During contractions, the abdomen becomes hard. Between contractions, the uterus relaxes and the abdomen becomes soft. Labor contractions usually cause discomfort or a dull ache in your back and lower abdomen, along with pressure in the pelvis.

**When contractions occur at regular intervals of 10 - 15 minutes**, this may signal the early stages of labor.

Please note, contractions may also be a consequence of overexertion or dehydration. If you experience contractions at regular intervals, we recommend drinking 3 - 4 glasses of water, decreasing your activity, and observing if the contractions diminish.

**If this is your first baby**, and your contractions continue every 5 minutes for 2 hours, or if you feel significant pelvic pressure, please call our office.

**If this is not your first baby**, and your contractions continue every 7 - 10 minutes for 2 hours, or you feel significant pelvic pressure. Please call our office.

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We also recommend that you call our office if you experience any of the following symptoms:

- Leaking or breaking water bag
- Menstrual-type vaginal bleeding, though it is normal to have some vaginal spotting after an internal pelvic exam
- Decreased fetal movement, less than ten movements per day
- Intense abdominal pain

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There are pregnant women with risk factors which are of concern, if you experience contractions or leaking/breaking of your water bag, please call our office immediately. Notify the nurse of your risk factors. These risk factors include:

- Meconium stained amniotic fluid, green amniotic fluid
- History of herpes
- Placenta previa
- Breech infant
- Group B Strep
- Previous Cesarean section
- Twins
- Overdue a week or more
- Additional concerns we have discussed with you during your pregnancy

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## **Phone calls**

**Between the hours of 7am and 11pm**, please call our office 630.717.9977. If our office is closed, your call will go to our answering service and the on-call nurse will be paged.

**Between the hours of 11pm and 7am**, please call Edward Hospital Labor and Delivery 630.527.3225. If you have additional questions or concerns, call our office and our answering service will page the on-call nurse.

## **Edward Hospital**

If you are advised to go to the hospital, Edward Hospital is located at 801 S. Washington Street, Naperville. You may park your car in the hospital parking garage.

The Main Entrance of the hospital, the north entrance, is open from 5am to 10:30 pm. Enter the hospital on the ground floor. Follow the ceiling flags that direct you to Labor and Delivery, or inquire at the Concierge Desk for more specific directions. When the main entrance is closed, please use the Emergency Room Entrance, the south entrance. There is usually a security officer who will escort you to Labor and Delivery.

There is a phone outside the door to Labor and Delivery. This is a secured unit. Your call will ring through to the nurse's station, and you will be admitted.