



Labor has started. When should you call us?

You can reach us 24/7: 06-54626698

Finally....

You have been looking forward to it for nine months; the delivery. The cliché that every birth is different, is true. It is not possible to predict when and how your delivery will start, or how you will experience childbirth. You decide when to contact us, but we will provide you with some information and advice on it.

Childbirth usually starts from 3 weeks before the due date until 2 weeks after (37-42 weeks). You should always contact us immediately if you experience contractions, or lose amniotic fluid or blood before week 37.

With questions or reports on your delivery, please always use our 24/7 number to speak to one of the midwives directly: **06-54626698**. If you are put through to voicemail; the line is busy or the phone is switched off for a short time. Call us again in a few minutes, or if necessary, call phone service Atacom 020-5923883 right away. We will call you back as soon as possible.

After 37 week you should contact us in case of:

Contractions

Rhythmic contractions give pressure on the cervix., causing the cervix to open/dilate. Unlike Hicks contractions (also called 'practice contractions'), labor contractions gradually increase in frequency, strength and duration.

- Are you giving birth to your first child? Please call us after you have had 2 hours of powerful contractions that come every 3 to 5 minutes and last for about one minute.
- Have you given birth before? Please call us when you feel the delivery is well underway. This is usually the case when you have had powerful contractions every 5 minutes for about an hour.

Amniotic Fluid

- In about 10% of the cases, childbirth starts with rupture of the membranes; you will lose amniotic fluid. The contractions will usually start within 24 hours of this happening.
- Clear amniotic fluid is white, pink or slightly yellowish in color. Sometimes small white flakes float around in it. The color of the amniotic fluid can be determined properly if it's in a glass or in a white sanitary napkin. Amniotic fluid has a sweetish smell. Are you losing amniotic fluid, but do not have contractions yet? You can always call us if you are worried, but you can also wait until morning hours. In the meantime, you should try and get some sleep. If your membranes rupture during the day, you can let us know right away.
- You should call us immediately if the color of the amniotic fluid is green or brown, or if you are in doubt of what color it is. The baby might have pooped in the water, and we will visit you in a short while to check.
- Call us immediately if your waters break and the fetal head had not properly descended in the pelvis at your last appointment.



Blood loss

It's normal to lose a little bloody mucus before and during labor. However if you're losing bright red blood as if having a period, we'd like to check you up. Please contact us in case of severe vaginal bloodloss.

Worries

Are you or your partner anxious or worried? Are things too difficult or do you feel like things are going (too) fast? Please contact us, and we will see what we can do for you. Anxiety is not helpful during childbirth, so we would like to help to put you at ease.

Checklist:

- Please raise the bed to a height of 70 cm by using crates or bed risers ('klossen'). Risers can be borrowed after 36 weeks through Medipoint 088-1020100 or Vergro Thuiszorg 0800-2887766
- Make sure your name is on the doorbell, and/or put the practice-small sticker on it.
- Have you been in touch with your maternity care agency?
- If you would have an outpatient delivery, please check in advance if you should pay your own contribution.
- If you would like to have (the option of) a home delivery, it is important that we are able to stand at one side of the bed. Please make sure you have a good light source.

What to have in the house:

- You will receive a postnatal package through your insurance, or you can buy it at a larger drugstore / Prenatal. It contains: 2 packs of maternity pads, a box of small gauze, alcohol 70%, maternity mats (min 5 pieces) zigzag cotton and an umbilical clamp.
- At least 1 metal warm water bottle
- Digital thermometer (no ear thermometer)
- Hydrophilic diapers, about 8 pieces. Wash them at least 1 time before use.
- If you would like to have a home delivery, you will also need:
 - 10 mats in total (there are usually 5 in the postnatal package)
 - a box of sterile gauze 10x10cm
 - a rol of garbage bags
- in your hospital bag: clean clothes to wear after your delivery, flip-flops, warm socks, some toiletries, baby-clothing, warm wrap or outdoor babysuit, postnatal care booklet, ID, print of your pregnancy file.

**For more information on the childbirth and a more extensive list of items needed (baby necessities), please check www.verloskundigenoosterpark.nl
24/7: 06 - 54626698**