

## Hibiscus Women's Care

# Labor Instructions

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These instructions are for general information only and specifically for low-risk obstetric patients of Hibiscus Women's Care. Patients who are not cared for by Hibiscus Women's Care should follow the instructions of their own designated obstetric providers.

Congratulations!

You may choose to stay at home for early labor and call us **(321) 724-2229** to discuss coming to the hospital for active labor.

Contractions in active labor will likely be strong enough that it's difficult to talk through them because you are focusing on breathing or moaning. The Certified Nurse Midwife (CNM) on first call will help you decide when to go to the hospital.

Once you present to the hospital, you will be evaluated by a labor nurse and/or OB hospitalist who will confirm that you are in active labor. After you are admitted, the CNM on call will assume your care.

Contractions are timed from the beginning of one to the beginning of the next. If you are a first time mom, please call when contractions are 5-1-1, or four-five minutes apart, lasting one minute, and have been that way for one hour. If you are an experienced mom, please call us when contractions are 6-1-1, or six-seven minutes apart, lasting one minute, and have been that way for one hour.

You are welcome to call us at any point during your labor that you have questions. In the rare event that you do not hear back from the CNM on call within 20 minutes, please call again.

If, after two attempts, you are still unable to reach the CNM, please call Labor and Delivery ("L&D") at (321) 434-7180.

It may take up to 1.5 hours to receive an epidural after arriving, so plan accordingly if your birth plan includes an epidural for pain relief.

Roughly 10% of women have their water break prior to the onset of labor. If you experience a "popping sensation, gush of fluid, or even a continuous leaking, please call us.

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Hibiscus Women's Care  
330 E. Hibiscus Boulevard, Melbourne, FL 32901  
**(321) 724-2229 (BABY)** | [www.hibiscuswc.com](http://www.hibiscuswc.com)

If you are colonized with Group B streptococcus, it necessary to be evaluated immediately for induction of labor and initiation of antibiotics.

If you are known to be negative for Group B strep, you may await the spontaneous onset of labor at home for up to 6 hours. After that, induction of labor is recommended to decrease the risk of infection.

If delivery is delayed due to failure to induce labor within a reasonable time after rupture of membranes, or if there are signs of infection during labor, the infant may be admitted to the neonatal intensive care unit for a workup to rule out sepsis, which can be life-threatening for both baby and mother.

The “mucous” plug can replace itself and may be loosened spontaneously or due to a recent exam.

Bloody “show” or mucous is not a reliable sign of labor and is normal near term. Please call immediately if you experience heavy bleeding.

We recommend you attend a free tour of the “Birth Suites”. Holmes Regional Medical Center offers valet service for laboring clients during normal business hours.

After hours, you may park across from the B entrance.

Please pre-register as instructed at 28 weeks.

If you plan to circumcise your baby boy, please confirm financial arrangements prior to your hospitalization.

Pack your hospital bag as if you were going out of town for the weekend and coming home with a newborn.

The stay for vaginal delivery is usually 36 hours after delivery.

If you are Group B positive or have a cesarean, the usual stay is 48 hours.

Useful items include Chapstick, bathing suit, flip flops, robe, breastfeeding pillow, hair elastics, labor gown such as “Pretty Pushers”, and nursing bra or tank-tops. Please don’t plan to video, but cameras are welcomed. Hospital policy dictates no solid food in labor (we are working on this one!), so please eat before you arrive unless you have reason to believe a cesarean delivery is indicated.

An approved infant car seat is necessary before your baby is discharged.