



Calling advice



Gebortehuis

When should you call

**Call 035-6915458,
option 1 you will immediately get the midwife on duty**

When to call?

- In case of fluid / amniotic fluid loss, blood loss or contractions before the 37th weeks
- With regular contractions every 3-5 minutes with a duration of 1 minute for 1 - 1.5 hours
- With amniotic fluid loss:
 - if clear amniotic fluid during the day call
 - if green or brown amniotic fluid always call, even at night
 - if the head has not descended always call, also at night and lie down
 - Always try to catch some fluids so we can check them out.
- When you feel the baby less or clearly different from what you are used to
- If there is significant clear blood loss
- In case of agitation and urgent questions

How and when does labor start

This is a big question for many expectant parents. Most deliveries take place around the due date and thus around the 40th week. All deliveries between 37 and 42 weeks are still within the normal range.

In 90% of cases, labor begins with contractions. Contractions are contractions of the uterus that cause a crampy feeling in the lower abdomen (menstrual cramps) and are often accompanied by a painful feeling in the lower back and sometimes in the upper legs.

We distinguish the following contractions:

- pre contractions: also called false contractions, these are very irregular and can sometimes occur days before the actual delivery date.
- dilation contractions: The first part of the dilation may be accompanied by short irregular contractions that can be easily handled. The second part of the dilation is accompanied by contractions that occur with a certain regularity of 3-4 minutes. These contractions occur more and more frequently in succession and last longer and longer until full dilation of 10 cm.

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- Push contractions: also called extrusion contractions, they usually begin at full dilation. They cause an urge to push.
- After contractions: contractions that may continue for several days after the birth or while breastfeeding.

With the first signs of contractions, it is wise to wait and see what happens. Sometimes contractions can still subside completely and only start again after a few days. A normal symptom during labor is the development of nausea and vomiting; shakiness is also common during labor. What can help for relaxation is warmth; a hot shower, bath, hot water bottle, etc.

In 10% of cases, labor begins with the spontaneous rupture of the membranes. Amniotic fluid is characterized by irregular and involuntary fluid loss, sometimes a large amount at one time. The color of the amniotic fluid is important. Clear amniotic fluid is usually slightly whitish or slightly pink, it often smells sweet and sometimes you can also see white flakes in the amniotic fluid. With green/brown amniotic fluid, the baby has defecated in the amniotic fluid. **(then always call immediately)**

If the waters have broken and there are no contractions yet the midwife will give you the following instructions to prevent infection:

- no more baths
- do not use tampons
- no more sex
- take your temperature rectally

It is normal to have blood loss during dilation. This is often in a combination with loss of mucus. Losing the mucus plug is also a normal sign but labor can sometimes be delayed for days.

Medical indication

Before or during pregnancy or childbirth, a medical indication may arise. With a medical indication, care is taken over by the hospital. Your delivery will then be supervised by an obstetrician attached to the hospital in collaboration with the gynecologist. If you are allowed to go home again afterwards, we will take over the care in the postpartum period.