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**36 weeks plus (prior to 36 weeks, CALL US for any problems)**  
Guidelines for when to come to Labor and Delivery

**Main Entrance Locked 10 pm to 5 am**

The Hospital Main Entrance is locked from 10 pm to 5 am the next day. OB patients in labor can call 626-397-5282 to reach Hospital Security and they will come to unlock the front door.

**First baby**

There are 2 common situations where you should **come directly to Labor and Delivery** at Huntington Hospital. **You do not have to call the doctor for one of these situations.** You will be evaluated in the OBED (Obstetrical Emergency Dept.) after arriving at the Hospital.

- The **5-1-1-** guideline. You are in labor and probably have been in labor for a while. Your contractions are **5** minutes apart, last for **1** minute, and this has been going on for at least **1** hour. The contractions are probably **strong and uncomfortable** but not real painful yet. During the contraction you might feel that you are unable to talk or walk.

OR

- You are pretty sure that your **water bag has broken**. This may happen if you are in labor, but it can also happen even if there are no contractions. Please **do not stay home** waiting to see if labor begins. We need to monitor the baby because losing amniotic fluid can sometimes place stress on the umbilical cord.

**If you have had a prior vaginal birth**

If your contractions are strong, uncomfortable and more or less regular, you can come to the Hospital even if they are about 6-10 minutes apart. Labor is usually much shorter with baby #2 (and after), so following the “511 guideline” might result in showing up at the hospital very close to delivery and possibly too late for an epidural. We don’t want the baby being delivered in the car!

**C/S Patients – call MD if bleeding, leakage of fluid, or possible labor**

If you are scheduled for a C/S and think that you might be in labor, leaking fluid from the vagina or if there is any vaginal bleeding, please call the doctor right away. Also, from this point on, do not eat or drink anything, even water, because we might have to do your C/S soon after you get to the hospital.

**Bloody Show or Mucous Plug**

*If you have a bloody show or mucus without blood, you do not need to call the doctor or come to the Hospital.* This is a normal process and not a cause for concern and is also not a reliable sign of labor.

**Breast Pump from your Insurance Company**

We like the Hygeia hospital-grade breast pump. This is a highly regarded model which is cordless and rechargeable. Call HYGEIA 855-786-7296, or go to [www.momsgetmore.com](http://www.momsgetmore.com). Also, just “google” the phrase “free breast pump.” Pick a provider and enter your insurance information. If they accept your insurance, you can request the pump online.

**If you are not sure what to do**

After reviewing the above guidelines, if you are not sure what to do, please call the office. After hours, call 626-304-2626 and press 1 for an urgent medical problem.