
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. Labor and Delivery is open 24/7 and an Ob/Gyn physician is always on duty.

Please Do Not Call the On-Call Dr for any of the following. Go directly to the Labor and Delivery Unit.

FIRST BABY:

1. **The 5-1-1 guideline.** You are in labor and probably have been in labor for a while. Your contractions are about **5** minutes apart, last for **1** minute, and this has been going on for about **1** hour. The contractions are strong and uncomfortable but not very painful. During a strong contraction you might feel that you are unable to easily walk or talk.
2. **Water Bag Broke.** You are pretty sure that your water bag has broken. This may happen if you are in labor, but it can also happen if there are no contractions. Don't stay home waiting to see if labor begins because we need to monitor the baby. Losing amniotic fluid can sometimes place stress on the umbilical cord. We also need to confirm that the water bag really is broken.

PRIOR VAGINAL BIRTH – labor can be quicker

If your contractions are strong and/or uncomfortable and more or less regular, you should come to the Hospital even if they are only 10-15 minutes apart. Labor is usually much quicker with subsequent births. Following the above “511 guideline” could result in showing up at the hospital close to delivery and possibly too late for an epidural. We don't want the baby delivering in the car or on the freeway!

PRIOR C/S BIRTH with Planned Repeat C/S:

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.

Also

Bloody Show or Mucous Plug – Please do NOT call the on-call doctor

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 not a reliable sign of labor.

If you are not sure what to do

If you have any specific obstetrical concerns, which could include decreased fetal movement, vaginal bleeding or spotting, possible leakage of fluid, abdominal pain or contractions, or possible illness or infection, we encourage you to come directly to Labor and Delivery. It is difficult to evaluate and treat obstetrical patients over the phone.

On-Call System

On weeknights starting at 5 pm and on weekends and Holidays, usually the on-call Ob/Gyn Physician will provide your medical and OB care including vaginal deliveries and emergency surgeries. On-call doctors cover for their colleagues allowing them to be off duty. The on-call doctors that we work with are featured on our website. We trust our on-call colleagues with the care of our patients, and it is important that you trust and respect each of them in case the on-call doctor ends up providing your care.