

When to Come to Hospital in Labour

English

September 2018

Please contact the Birthing Service or your Midwife before you leave home. The Midwife will tell you what to do and answer any questions.

If you are expecting your first baby

If you are close to your due date (37 weeks or more), you should come to the hospital:

- When you are having regular labour pains that are becoming stronger, closer together and are lasting 60 seconds, from the beginning to end. The contractions should have been coming this way for at least an hour. The labour pains will be about three to five minutes apart for most women.

OR

- When your 'waters break'. This is when the bag of water around the baby breaks. You may have a slight trickle or a sudden gush of fluid. When your waters break it is a good idea to put on a sanitary pad. Your Midwife will check the colour and odour of the fluid when you arrive at the hospital.

OR

- If you have any bright red bleeding.

If you are expecting your first baby and you are less than 37 weeks pregnant you should contact the hospital if you have any signs of labour, such as labour pains, broken waters or bleeding.

If you have given birth before

You should follow the advice above except you should come to hospital when your contractions are five to seven minutes apart.

What if I need help speaking English?

Professional interpreters are available if you need help understanding or speaking English. You may have a family member or friend present, but all communication about your care should be through a professional interpreter. **Interpreter services are free and confidential.**

It is your right to ask for an interpreter if one is not offered to you. Staff will book the interpreter for you.

If you need to use an interpreter to contact us, please call the Telephone Interpreter Service on 131 450.

Local Contact

Name: _____ Phone: _____