

# Going to The Hospital

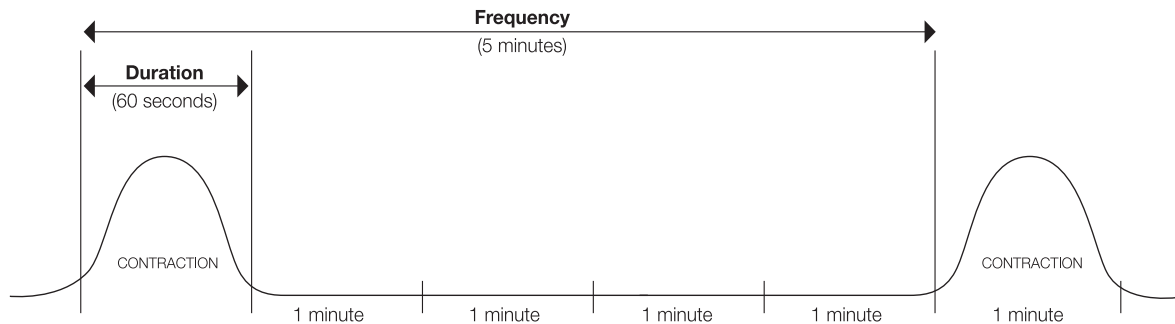
## WHO TO CALL

- During clinic hours: call your doctor or midwife at Glenwood Medical Center 320.634.5157
- After clinic hours: call the hospital nursing station at 320.634.2290

## WHEN TO CALL

- If this is your first baby, call once your contractions are 5 minutes apart, lasting an hour.
- If this is not your first baby, call once your contractions are 5-10 minutes apart.
- If your water breaks, call right away.

## HOW TO TIME CONTRACTIONS



- Duration - beginning to end of one contraction
- Frequency - beginning of one contraction to the beginning of the next contraction
- Contractions in True Labor are regular, worsens with activity, and lasts 45-60 seconds. The tightness can begin in the back and radiate to the abdomen. They will also get more painful as you have more contractions.

## WHAT TO PACK

- ☐ Cell phone and charger for mom and support person
- ☐ Tablet and charger  
(You can access our Wi-Fi internet while you are here.)
- ☐ Cards / magazine / book
- ☐ Bathrobe
- ☐ Pajamas
- ☐ Slippers
- ☐ Comfortable, loose-fitting clothing
- ☐ Supportive Bra
- ☐ Lotion / oil for massage
- ☐ Chapstick
- ☐ 2 outfits for baby
- ☐ Baby blanket(s)
- ☐ Change of clothes for support person
- ☐ Daily Medication(s) for mom and support person (if applicable)
- ☐ Snacks for labor coach / support person
- ☐ Suckers
- ☐ Focal point(s)
- ☐ Camera
- ☐ This binder
- ☐ Infant car seat
- ☐ \_\_\_\_\_
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