

Going to The Hospital

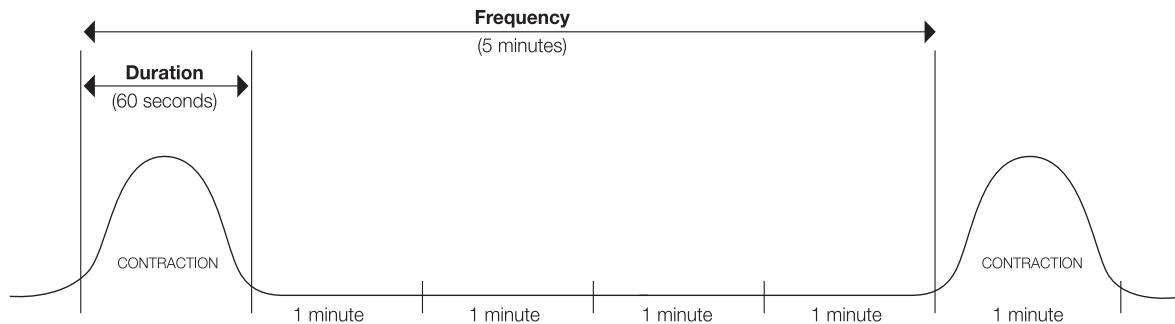
WHO TO CALL

- During clinic hours: call your doctor or midwife at Glenwood Medical Center 320.634.5157
- After clinic hours: call the hospital nursing station at 320.634.4521

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.

Glacial Ridge Health System

10 4th Ave SE, Glenwood, MN 56334
320.634.4521
glacialridge.org



GLACIAL RIDGE
HEALTH SYSTEM

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
- _____
- _____
- _____
- _____
- _____

