

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

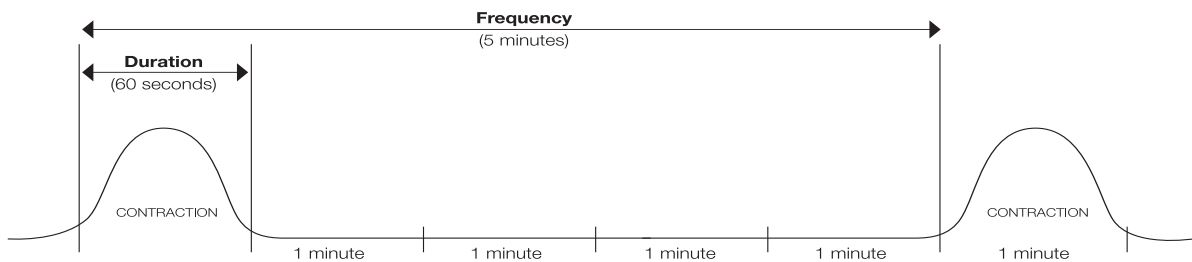
WHEN TO CALL:

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.

WHAT TO PACK:

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| <input type="checkbox"/> Cell phone and charger | <input type="checkbox"/> Comfortable, loose-fitting clothing | <input type="checkbox"/> Snacks for labor coach |
| <input type="checkbox"/> Tablet and charger
(You can access our Wi-Fi internet while you are here.) | <input type="checkbox"/> Supportive Bra | <input type="checkbox"/> Suckers / popsicles |
| <input type="checkbox"/> Phone number list | <input type="checkbox"/> Lotion / oil for massage | <input type="checkbox"/> CDs |
| <input type="checkbox"/> Cards / magazine / book | <input type="checkbox"/> Chapstick | <input type="checkbox"/> Focal point(s) |
| <input type="checkbox"/> Bathrobe | <input type="checkbox"/> 2 outfits for baby | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> 1 outfit for mom | <input type="checkbox"/> This binder |
| <input type="checkbox"/> Slippers | <input type="checkbox"/> Baby blanket(s) | <input type="checkbox"/> Infant car seat |



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