Patient information

Childbirth call instructions



Childbirth usually starts between 37 and 42 weeks.

These call instructions apply to women who are in weeks 37 - 42 of their pregnancy.



Always call if you are less than 37 weeks pregnant and experience loss of amniotic fluid, cramps, contractions or blood loss.

Don't call (normal)			Call
Ů	 irregular contractions short contractions time between contractions is more than five minutes 	Contractions	First pregnancy: 1-2 hours of regular contractions every 3 to 4 minutes which last around 1 minute Second pregnancy or more: 1 hour of regular contractions every 5 minutes which last nearly 1 minute
P	watery dischargeurinary incontinence	Loss of fluid and colour of the water	 you suspect your water has broken (continuous/intermittent loss of fluid, clear, colourless or light pink in colour) take note of the colour of the amniotic fluid (green/brown)
P	• a wipe of blood	Blood loss	• bright red blood loss, more than a wipe

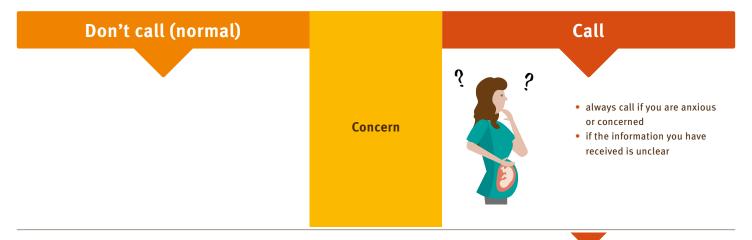
See other side



WW.nw.

Patient information

Childbirth call instructions





Call your hospital care provider:





Monday-Friday, from 08:30 to 16:30

□ location Alkmaar +31 72 548 2925 □ location Den Helder +31 223 69 6466





after 16:30 and on weekends

☐ location Alkmaar +31 72 548 2925 \square location Den Helder +31 223 69 6466