

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)



- irregular contractions
- short contractions
- time between contractions is more than five minutes

Contractions

Call



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



- watery discharge
- urinary 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)



- a wipe of blood

Blood loss



- bright red blood loss, more than a wipe

See other side

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Don't call (normal)

Concern

Call



- always call if you are anxious or concerned
- if the information you have received is unclear



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

location Den Helder +31 223 69 6466