



Now That You Are 4 Weeks From Your Due Date:

Please call us if:

Contractions are every 5 minutes and last 40 seconds or longer for at least an hour.

Your water breaks or you feel wet, not damp as increase discharge is normal.

You have bright red bleeding similar to a period.

There is decreased movement of the baby – No movement in one hour or less than ten movements in two hours.

The Following are normal:

After an internal exam at the office you may experience some light bleeding and cramping.

You may pass your mucous plug around 36 weeks. This is normal and it may be associated with some bloody discharge.

To contact us:

Call 876-5512 at all times, if the office is closed you will automatically be transferred to our answering service. The service will contact the on call provider, who will promptly return your call. If you do not receive a return phone call in 15 minutes, please call again, as we return our pages promptly whenever possible.