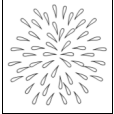


When to call and go to the hospital

In the last month before my due date

Water Breaks.



If your water breaks, or you think it has broken, you should be seen.

Labor Pains.

Call us when your contractions are:

- Every 3-5 minutes
- Regular and strong over the last hour
- Last a full minute when they come
- You can't talk during the contraction, but need to breath and focus during the pain



Baby Not Moving Well.

If your baby is not moving normally, eat and drink something and lay down on your side with your hands on your belly. If your baby is still not moving normally, call the clinic or Careline.

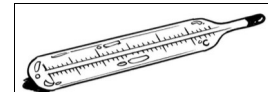


Bleeding.

If you are bleeding like your period, you should be seen at the hospital. If you are spotting some pink or brown in early labor, this is very common. Always call if you have questions.

Fever.

If your temperature is higher than 100.4° F.



Regions Hospital.

640 Jackson Street
Saint Paul, MN 55101
Near intersection of
I-94 & 35E



Things to bring.

- Comfortable clothes
- Slippers or socks
- Toothbrush/Toiletries
- Chapstick
- Camera

Call if you have questions!

West Side Community Health Services
clinic phone: 651-602-7500

When the clinics are closed, call the CareLine:

612-333-2229

