

Warning Signs of Preterm Labor

If you are concerned or are not sure if you should be concerned, please call your providers office or St. Joseph Regional Medical Center for further assistance.

- **Menstrual Like Cramps**
(Constant or come and go, just above the pubic bone)
- **Uterine Contractions**
(10 minutes apart or closer, may be painless)
- **Abdominal Cramping**
(With or without diarrhea)
- **Low, Dull BackAche**
(Constant, or comes and goes)
- **Vaginal or Pelvic Pressure**
(Feels like the baby is pushing down, feels heavy)
- **Increase or change in Vaginal discharge**
(Mucous-like, watery, light or bloody)
- **Fluid Leaking from the Vagina**
(Lay down for 20 min with a maxi pad on to check for fluid)
- **Vaginal Bleeding**
(Bright red bleeding or pink spotting)

Dr. Geneen Bigsby | Dr. Sean Urquhart | Dr. Alex Watson | Andrea Hedrick, Certified Nurse Midwife
For appointments call 208-746-1383 ext. *6500

If you are concerned or are not sure if you should be concerned, please call your providers office. After hours, please call our office and you will be routed to the on-call provider.

St. Joseph Regional Medical Center ~ Labor & Delivery Department
208-799-5431

Fetal Kick Count Instructions

If you are concerned that your baby is not moving good for you or has slowed down, please follow the instructions.

- Find a comfortable position. Lying on your left side also allows for the best circulation which could lead to a more active baby.
- Drink a large glass of water and eat a light snack. Ideally, you want to feel at least 10 movements within 2 hours. You will likely feel 10 movements in less time than that but if not, continue to monitor for 2 hours.

When Should I Call My Physician Or Midwife?

- If you have followed the above recommendations and have not felt 10 kicks by the end of the second hour, wait a few hours and try again. If after trying a second time and you do not feel 10 movements within 2 hours you should contact your health care provider.
- If you notice a significant change in movement over the course of 3-4 days.

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