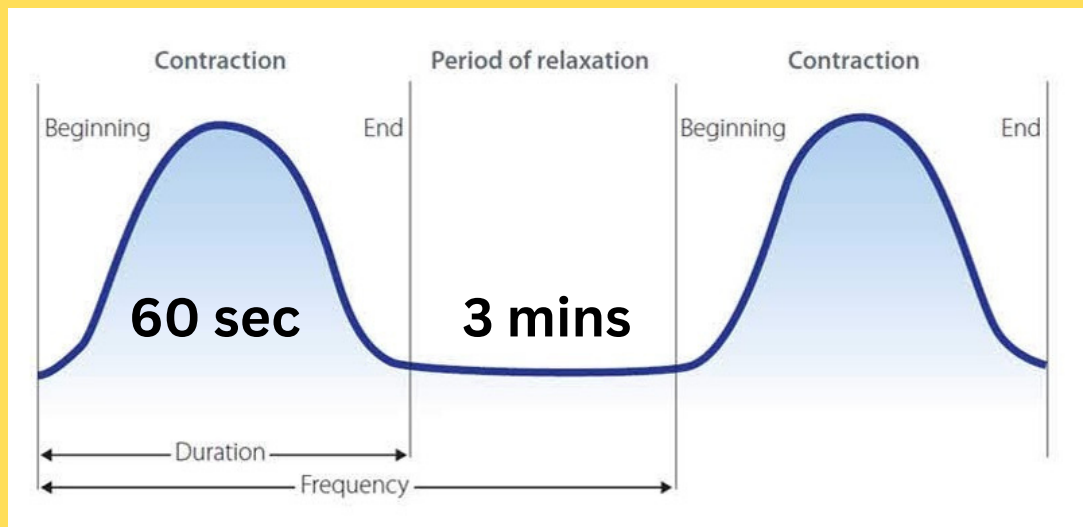




WHEN TO GO TO THE HOSPITAL



THE SIMPLE ANSWER IS: 4-1-1



Time your contractions from the beginning of one to the beginning of the next.



WHEN CONTRACTIONS ARE 4 MINUTES APART

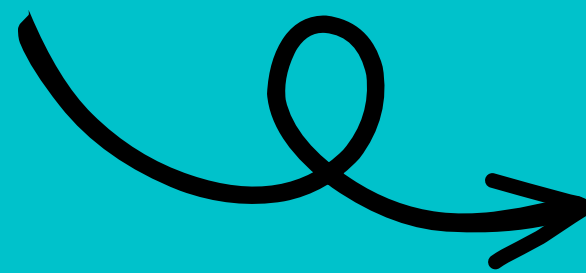
LASTING FOR 1 MINUTE

IN A CONSISTENT PATTERN FOR ABOUT 1 HOUR



HOWEVER:

This is the general consensus for when to go to the hospital, as this timing, in theory, will have you close to or in the beginning of active labour. However this recommendation will be negated for a number of reasons. Including:



IF YOU HAVE TESTED POSITIVE FOR GBS



If you have tested positive for Group B Strep, your care provider will likely want you at the hospital sooner to receive IV antibiotics during your labour.

They may also want you at the hospital sooner if you require more medical monitoring, that may be unique to your situation.



IF YOU DO NOT LIVE CLOSE TO THE HOSPITAL



If you live more than an hour a way, or if its rush hour and traffic will be terrible, increase the 4 in the equation to 5 or 6.



IF THE BIRTHING PARENT SAYS "WE NEED TO GO" YOU GO!



If at any point, the labouring parent expresses the desire to go to the hospital, then go. And it doesn't matter what the timing is. Trust their instincts.