

Central IL Obstetrics & Gynecology

326 Fairway Drive, Bloomington, IL 61701

Phone: 309-451-9595

Labor Guidelines

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When to Come to the Hospital

- When your contractions are regular and 5-8 minutes apart-starting from the beginning of one contraction to the beginning of the next contraction-for greater than or equal to 1 hour
- If your bag of water (amniotic fluid) is leaking, even if you are not having contractions
- If you are bleeding heavier than a menstrual period. (Remember, it is not unusual after a vaginal exam, after intercourse, or early in labor to have some vaginal spotting)

YOU DO NOT NEED TO CALL THE DOCTOR BEFORE GOING TO THE HOSPITAL

Once you Arrive at the Hospital

- The nurse will place you on a fetal monitor, check your cervix and call your doctor or the on call doctor
- When you are admitted to the hospital you will receive an IV.
- Your nurse will be a great resource for pain management options. This can include but is not limited to:
 - ❖ Position changes, exercise ball/peanut ball, shower
 - ❖ IV pain medications (these can be administered through your IV solution early in labor, but are usually not administered if you are too close to delivering.
 - ❖ Nitrous Oxide (laughing gas)—*only an option at OSF St. Joseph*
 - ❖ Epidurals-presently offered by the anesthesiologist 24 hours a day, 7 days a week
- The doctor does NOT routinely administer an enema or do a perineal shave
- We do not do routine episiotomies, they are occasionally needed
- You may have visitors in your room (please keep in mind there are times, due to illness restrictions, that limit the number of visitors). However, we recommend no more than 2 people present during your actual delivery, in order for our team to best care for you and your infant.
- **Video and photography of the birth are NOT allowed, in concordance with hospital policy. After delivery, you may proceed with videography/photography.**

After Delivery

- Please call the office **BEFORE** leaving the hospital (after delivery) to make your appointment(s) for postpartum care.
 - ❖ 1 week post C-section for staple removal
 - ❖ 6 weeks post delivery for vaginal and C-section unless your doctor tells you otherwise

Important Telephone Numbers

- Central IL Obstetrics and Gynecology-----**309-451-9595**
 - ❖ Open Monday-Friday 8:00a-4:30p.
 - ❖ Any calls after 4:30 and on weekends will be directed to our on call answering service
- Advocate BroMenn Medical Center-----**309-452-6667**
- OSF St. Joseph Medical Center-----**309-665-4702**