

# When To Go To The Hospital

- **When you meet the criteria below, you can go directly to the hospital and be evaluated, they will then call your doctor. You do not need to call prior to leaving for the hospital.**
  
- If you think, or are sure, your water has broken.
  - Can be large gush or small continuous trickling
  - Will be more than moist or damp
  
- If you begin bleeding like a period.
  
- If you are having your first baby, you want to wait until you have contractions every 3 to 5 minutes from the beginning of one contraction to the beginning of the next.
  - Contractions will be painful and come and go
  - Once regular, they should not go away when you lie down and drink water
  - If some spotting occurs as you begin contracting this is OK.
  
- If this is your second or greater child, contractions should be regular and painful every 5 minutes.
  - All above instructions still apply
  
- **Please remember that if severe pain, bleeding or rapid progression of contractions occur you should go to the hospital immediately.**