

## **Obstetric Outpatient Discharge Instructions**

### General Instructions:

If you think you are in labor, time contractions (lying on your left side) from the beginning of one contraction to the next contraction for at least one hour.

Increase fluid intake: 10-12 8 oz glasses per day (limit caffeinated beverages)

Monitor fetal movement; kick counts 10 in 2 hours

Report any sudden, sharp abdominal pain

Report any bleeding or spotting

### Labor Instructions:

Call your physician or return to the hospital if:

You have regular contractions that get progressively closer, longer, and stronger

Your water breaks (remember time and color)

You have bleeding or spotting

You notice an absence of movement or marked decreased in fetal movement

### Pre-term Labor:

Call your physician or return to the hospital if:

You have painless regular contractions more than 4 in one hour

Your water breaks (remember time and color)

You have menstrual-like cramps, a low, dull back ache or pressure in your pelvis, back or thighs

If you are diagnosed with high blood pressure:

Rest on your right or left side

Report any severe headache, dizziness, blurred vision or spots before your eyes

Report excessive swelling of your hands, face, or feet

Report epigastric (above stomach) pain/indigestion

### Urinary Tract Infections:

Increase your fluid intake – 10-12 8 oz glasses per day, especially water

Avoid coffee, tea, colas, and carbonated drinks

Fetal Kick Counts:

Call your physician or return to the hospital if you don't have adequate fetal kick counts:

After 28 weeks gestation

Drink/eat something sweet such as orange juice

Count how many times baby moves in 1 hour (nudges, roll and kicks)

Normal is 5-6 movements in 1 hour or 10 movements in 2 hours

Lay on your right or left side