

AFTER HOURS PREGNANCY PROBLEM LIST AND INSTRUCTIONS

PROBLEM	INSTRUCTIONS	CONCERNED IF.....	WHAT TO DO NOW??
Contractions > 36 weeks Strong, hard contractions every 5 minutes for a 2 hour period OR if water breaks	DO NOT CALL OFFICE Go to Labor & Delivery for evaluation	N/A	N/A
Contractions 32-36 weeks	Empty bladder, hydrate with 2 tall glasses of water, take 2 Tylenol and lay down for 2 hours	Continue to have 4 or more contractions in 1 hour	DO NOT CALL OFFICE Go to Labor & Delivery
Contractions < 32 weeks	Empty bladder, hydrate with 2 tall glasses of water, take 4 over the counter Ibuprofen/Motrin tablets and lay down for 2 hours	Continue to have 4 or more contractions in 1 hour	DO NOT CALL OFFICE Go to Labor & Delivery
Cramping OR Pelvic Pressure	Empty bladder, hydrate with 2 tall glasses of water, take Tylenol and lay down for 2 hours (if less than 32 weeks-take 4 over the counter Ibuprofen/Motrin	Continue to have continuous, uncomfortable cramping pain, pelvic pressure that doesn't get better with laying down	DO NOT CALL OFFICE Go to Emergency room if less than 20 weeks; Go to Labor & Delivery if greater than 20 weeks
Bleeding or Spotting LESS than 10 weeks pregnant	If you had intercourse or have had a pelvic exam, it is NORMAL to have light spotting for up to 48 hours-red, pink or brown Lay down, use overnight pad, rest and continue to evaluate for bleeding for next 24 hours. Pelvic rest-no intercourse. UPDATE OFFICE DURING BUSINESS HOURS	Heavy bleeding OR having to change an overnight pad every hour x 3 because it is saturated	DO NOT CALL OFFICE Go the Emergency room
Bleeding or Spotting GREATER than 10 weeks pregnant	If you had intercourse or have had a pelvic exam, it is NORMAL to have spotting for up to 48 hours-red, pink or brown Lay down, use an overnight pad, rest and continue to evaluate for bleeding for next 24 hours. Pelvic rest-no intercourse. UPDATE OFFICE DURING BUSINESS HOURS	Heavy bleeding (gushing out) OR having to change an overnight pad every hour x 3 because it is saturated	DO NOT CALL OFFICE Go to Emergency room if less than 20 weeks; Go to Labor & Delivery if greater than 20 weeks

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Decreased or no fetal movement after 24 weeks gestation over a 12 hour period	If there are less than 6 movements in the hour: change positions, play some music, drink a large glass of ice cold water, press on baby to see if you can get him/her to move	No fetal movement or movements continue to be decreased	DO NOT CALL OFFICE Go to Labor & Delivery
Leaking fluid from vagina	Go to bathroom, wipe like normal, then take tissue paper and wrap around a finger and insert in the vaginal canal (won't touch baby) Roll finger around for 20 sec, remove and look at tissue paper	If tissue paper is soaking wet with clear fluid If you have a gush of fluid from vagina	DO NOT CALL OFFICE Go to Labor & Delivery
Vaginal discharge and/or vaginal irritation "Lost mucus plug"	Cool compresses, apply hydrocortisone cream externally until office hours Normal finding in last month-not concerning. Does not mean you are in labor or something is wrong	If not better---Office hour evaluation; we will not treat over the phone until we determine what type of infection you may have	DO NOT CALL OFFICE until business hours
Possible Urinary Tract Infection (UTI)	Push fluids!!! Drink 32oz of Cran-Juice (cranberry, Cran-grape, etc) and a 32oz of Water with Lemon juice	If you have burning with urination, needing to go more than usual or needing to go immediately, blood in urine, or pain	DO NOT CALL OFFICE Go to Emergency Room or Urgent Care If tolerable until office hours, call us during business hours
Severe Persistent Headache	Rest, cool, dark and calm surroundings, Take 2 Tylenol if 32 weeks or greater. Take Ibuprofen/Motrin 4 tablets over the counter. Hydrate	Continued Severe Persistent Headache	DO NOT CALL OFFICE Go to Labor & Delivery if greater than 20 weeks; Go to Emergency room if less than 20 weeks
Involved in an Accident with Injury, other than a "Fender Bender"	Watch for bleeding, leaking fluid, pain, decreased fetal movement	Bleeding, leaking fluid, pain, decreased fetal movement	DO NOT CALL OFFICE Go to Emergency Room if less than 24 weeks gestation. If 24 weeks or greater, go to Labor & Delivery

PROBLEM	INSTRUCTIONS	CONCERNED IF.....	WHAT TO DO NOW??
Colds & Upper Respiratory Infections	Rest & hydrate as much as possible; MOST ARE VIRAL and need to “run its course” SEE COLDS/RESPIRATORY HANDOUT	Temperature of 101.5 or greater despite taking Tylenol Shortness of breath during rest	DO NOT CALL OFFICE Go to the Emergency Room or Urgent Care
Nausea, Vomiting, Diarrhea (Stomach Virus)	Hydrate as much as possible MOST ARE VIRAL and need to “run its course” SEE NAUSEA/VOMITING HANDOUT	SEVERE DEHYDRATION-unable to keep any fluids down without vomiting in a 24 hour time period	DO NOT CALL OFFICE Go to Emergency Room DO NOT GO TO URGENT CARE
Hyperemesis-Severe Nausea & Vomiting related to Pregnancy (Not Infection)	Bonine (Meclizine) 3 times a day (every 8 hrs) Hydrate as much as possible BRAT diet-Bananas, Rice, Applesauce, Toast Most important thing is Fluids!!!! SEE NAUSEA/VOMITING HANDOUT	ONLY IF unable to keep any fluids down in 24 hours	DO NOT CALL OFFICE Go to Emergency Room DO NOT GO TO URGENT CARE Call office during Business hours to discuss other options
Backache/Low back pain	Ibuprofen/Motrin 800mg every 8 hours ONLY IF LESS THAN 32 WEEKS OR 2 Tylenol or 2 Tylenol Extra Strength every 6 hours ANYTIME DURING PREGNANCY	SEVERE BACK PAIN	DO NOT CALL OFFICE Go to Labor & Delivery if greater than 20 weeks; Go to Emergency room if less than 20 weeks

AFTER HOURS POSTPARTUM PROBLEM LIST AND INSTRUCTIONS

Heavy Postpartum Vaginal bleeding-bright red	Bedrest, wear a big overnight pad to monitor bleeding amount	If saturating the overnight pad in hour time period x 3; clots lemon size or larger or having more pain	DO NOT CALL OFFICE Go to Emergency Room
Mastitis-breast pain, redness, lump If not running TEMP-it is a plugged milk duct	Ibuprofen/Motrin 800mg every 8 hours, cool compresses, warm moist heat with feeding/pumping, massage breast towards nipple during feeding, castor oil massage, Frozen Cabbage Leaves on breast, rest, maintain hydration	Temp of 101 or greater Feel extreme fatigue/flu like symptoms	DO NOT CALL OFFICE Go to Emergency Room
Postpartum episiotomy Problem	Ibuprofen/Motrin 800mg every 8 hours OR 2 Tylenol or 2 Tylenol Extra Strength every 6 hours, cool compresses, frozen tea pads, keep clean and dry at all times	Fever 100.5 despite taking Ibuprofen or Tylenol for 24 hours Severe pain	DO NOT CALL OFFICE Go to Emergency room: where you delivered If tolerable and no high fevers, call office during business hours
Postpartum c/section incision Problem	Ibuprofen/Motrin 800mg every 8 hours OR 2 Tylenol or 2 Tylenol Extra Strength every 6 hours, keep clean and dry at all times, ice for comfort, cleanse area with equal parts of warm water and hydrogen peroxide twice a day, blow dry area, and place a clean pad or thick paper towel over the incision	Fever 100.5 despite taking Ibuprofen or Tylenol for 24 hours Severe pain	DO NOT CALL OFFICE Go to Emergency room: where you delivered If tolerable and no high fevers, call office during business hours
PAIN	Ibuprofen/Motrin 800mg every 8 hours OR 2 Tylenol or 2 Tylenol Extra Strength every 6 hours	SEVERE PAIN	DO NOT CALL OFFICE Go to Emergency room: where you delivered
SEVERE PERSISTANT HEADACHE	Ibuprofen/Motrin 800mg every 8 hours OR 2 Tylenol or 2 Tylenol Extra Strength every 6 hours Cool, dark room, ice packs	SEVERE PAIN	DO NOT CALL OFFICE Go the Emergency room: where you delivered
DEPRESSION/ANXIETY	Don't be alone with baby Have someone there that can help you SLEEP!!! Deprivation may cause some of these feelings	SEVERE Panic attacks, feelings of harm	DO NOT CALL OFFICE If you have a counselor-call them Go to Emergency Room

COLDS/FLU	Same as during pregnancy; SEE HANDOUTS		
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