



# Wise Health System

## Women and Children's Services

### Labor Precautions and Discharge Instructions

#### Return to the Hospital IF:

1. Your bag of water breaks.
2. You begin bleeding like a period.
3. You have contractions every 3-5 minutes apart and they are painful for at least one hour.
4. You develop a temperature of 101 degrees or greater.
5. You experience excessive nausea and vomiting.
6. Your baby does not move within an 6 hour period.

#### Drink extra non-caffeine fluids.

#### Keep your next scheduled clinic appointment.

If you have any questions, please call Women and Children's Services at (940) 626-1229.

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#### Precauciones a seguir durante el embarazo:

1. Si su fuente de agua (bolsa de agua) se rompe
2. Si nota sangrado similar a una regla o period
3. Si nota contracciones cada 3 a 5 minutos en una hora
4. Si tiene fiebre de 101 grados o mas alta
5. Si tiene nauseas Y vomitos
6. Si su bebe no se mueve en 6 horas

#### Beba excepcionalmente líquidos de no-cafféina.

Continúe sus citas de clínica de maternidad según se le indica.

Si tiene alguna pregunta por favor llame al centro de emergencia (940) 626-1229.

Please call your doctor's office or Women and Children's Services (940-626-1229) if you have any questions.