



You're in the Home Stretch

Now that you are **four weeks from your Due Date**, please call your OB office:

1.

If you are experiencing contractions every 5 minutes, lasting 40 seconds or longer for an hour and a half to two hours if this is your first baby, **or** an hour and a half if this is your second or greater pregnancy.

2.

If you have **bright red vaginal bleeding** similar to a period.

3.

If you had an internal pelvic examination, and are experiencing some spotting and cramping.

This is normal.

But we would like you to call.

4.

If your **water breaks** or you feel a constant leaking of fluid.

5.

If there is decreased or no fetal movement.

First drink 6 ounces of juice then lay on your **left side** for an hour. If you do not experience "kick counts" of 10 Movements in 2 hours please call.

6.

If you pass your mucous plug before or after 36 weeks.

This is normal.

Please Note: This is general advice and does not take into account individual needs. Always consult your medical provider for advice specific to you.



general physician pc
women's health
obstetrics and gynecology

**If you have any questions or concerns,
please call 716.656.4077**

For the East Amherst office, please call 716.634.9303 • For the Lockport office, please call 716.433.1941
For the Williamsville Wehrle Drive office, please call 716.631.8212 • For Maternal-Fetal Medicine, please call 716.632.8124