

# When Should I Go to the Hospital?



It is important that you ask your health care provider this question because the answer may vary depending on your medical history and your most recent pelvic exam. Remember, there are no two labors exactly alike, so your health care provider might instruct you differently from other expecting mothers because each woman's pregnancy may have unique issues. **Listen to your body.** If you think you are feeling different or something is not right, the best thing you can do is go to the hospital and get yourself checked out.

**Below is a list to help you in determining when to go to the hospital and what to report to your health care provider.**

## **Contractions**

Observe the following:

- Growing more intense
- Following a regular pattern
- Lasting longer
- Becoming closer together

## **Ruptured Membranes**

Think of the word **COAT**:

- **C**olor of fluid
- **O**dor of fluid
- **A**mount of fluid
- **T**ime rupture occurred