



Labor Warnings

Expectant mothers often wonder if they will know when the contractions they feel are the “Real thing”. There is no way to convey with any certainty when to go to Labor and Delivery, but in general, if it is the “Real thing” you will have no doubt.

If any of the following things happen to you, your condition should be evaluated.

- 1. When contractions occur firmly, with five minutes from the start of one contraction to the start of the next and when they have been present for at least one hour.**
- 2. When your water breaks. This is usually associated with a large amount of fluid released from the vagina. This can only be confirmed or refuted in a medical setting and not over the phone.**
- 3. When you have heavy vaginal bleeding. Often when you begin having contractions, you will have a mucus discharge with some bloody mucus. This is not a cause for concern.**

Of any of these events occur during office hours, call (972) 473-2020.

After office hours please call:

Presbyterian Hospital of Plano Labor and Delivery (972) 981-8383

Baylor Medical Center at Frisco (214) 407-5510