

McLaren Print System Order

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Flint, mi

Forms

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Form Number: M-2013
Form Description: Antepartum Checklist 36 Weeks
Revision Date: 5/2012
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Antepartum Checklist
36 WEEKS

Labor Guidelines - True labor is often difficult to accurately determine unless there is a cervical change. This is especially true for first time delivering mothers whose regular contractions may not result in cervical dilatation. Early labor, when the cervix gradually thins, can precede true labor by many hours or days. This is a time when you should try to rest if at night or walk and remain upright to enhance labor if during the day. Some vaginal discharge, mucousy, with tinges of blood, are normal. If there is a large amount of bright red blood you should alert your provider.

When and How to notify your provider - Early Labor may cause you to be emotionally excited and nervous. It is often better to wait until you are having to concentrate and seriously work with your contractions before calling the New Life Center. Keep the New Life Center number (342-3273) handy by the phone so you don't have to look for it when you are uncomfortable. If you live a long way from the hospital or have had very rapid labors in the past, discuss this with your provider to come up with an appropriate plan for coming to the New Life Center.

Review and Sign Birth Plan - By this time you should have discussed your birth plan with your provider. It should be signed and forwarded to the New Life Center by your provider, so we can help you have the labor experience that is closest to the one you are hoping for. Although things don't always go as planned, by sharing your special needs/requests with your provider, you will increase your chances of having a very satisfying and safe birth experience.

Cervical Culture/Group B Strep Status - At 35-37 weeks of pregnancy, a rectal/vaginal culture for Group B strep may be done. If your culture is positive you may receive antibiotics during your labor and special precautions may be taken. Please discuss this with your provider.

GBS is a bacteria that can be present in the vagina, without evidence of infection. It may come and go throughout your pregnancy. This is not a concern for your health, but can cause serious illness for your infant.

What's so good about Labor? - The hard work of natural labor leads to good things for you and your baby. We have placed a summary of many of those benefits on the reverse of this sheet. We look forward to seeing you.