



MEDICAL GROUP

- 2521 N. Elms Rd. • Flushing, MI 48433 • (810) 487-3640
 - 1198 Belsay Rd., Bldg. 3 • Burton, MI 48509 • (810) 743-5100
 - 1010 N. Linden Rd. • Flint, MI 48532 • (810) 732-3660
- Answering Service for all Locations: (810) 768-7182

HOSPITAL INSTRUCTIONS

(Give to Nurse on Admission)

Name: _____ Age: _____

Grav: _____ Para: _____ Ab: _____ Lvg: _____ **Hospital:** _____

Serology: _____ Date: _____ First Visit: _____

Hepatitis Screen (HB-S AG) _____ Completed: _____

Rh: _____ Husband Rh: _____ Visits to Date: _____

B.P.: _____ Urine: _____ EDC: _____

Normal Wt.: _____ Wt. onset: _____ Wt.: _____ Anesthesia: _____

Largest: _____ Last Labor: _____ Feeding: _____

Allergies: _____ Baby Doctor: _____

Rubella: _____ Type of Delivery Anticipated: _____

GBS: _____ HSV: _____

Other: _____ PPS: _____

These instructions are given early so that you will be prepared for your labor:

The predicted due date is only an estimate and some time on either side of this date is perfectly normal for delivery. You should, therefore, be preparing. It is best that you have a small suitcase ready with personal articles and any books or other things for your stay.

Labor contractions may begin irregularly, but when they become effective, they are regularly spaced and each contraction is over 45 to 60 seconds in duration. You should call when these are regularly spaced, for first baby every 5-7 minutes, for others every 7-10 minutes. There may be a bloody show or the bag of waters may rupture. If you believe your bag of waters has ruptured (broken), you should go to the hospital even if labor contractions have not started. If you are unsure if your water has broken, you should call the office.

When you are in labor you should call the number listed above. If it is after 11:00 p.m. you may go to the hospital and the doctor on call will be notified of your presence there. You will also probably be examined by one of the house staff or nurses. Your husband or support person may be present in the labor room. Avoid dairy products and solid foods.

You should begin your relaxation exercises as soon as any discomfort is present. These will help you and actually shorten your labor.

Medications will be used as necessary to aid your discomfort. Your choice of anesthesia at the time of delivery will be followed when possible. It is occasionally necessary to change this for the benefit of both mother and baby. The safest approach for any situation will be used.

If you have not already selected a physician to care for the baby, it is well that you do so. It is certainly desirable that your child be followed by one physician and this begins optimally shortly after birth.

If it should happen that I am unavailable at the time of your delivery, (due to vacation, illness, etc.), arrangements will have been made by me for another obstetrician to assume the responsibility for your care until I return.

If there are any questions, you should discuss them on your next visit.