

Labor Precautions

- Contractions- regular and painful
- Leaking or “gushing” of fluid
- Decreased fetal movement
 - Sit down, have snack
 - Count # kicks/hour
 - *Should have 5 kicks/hour*
- Vaginal bleeding (more than streaks or spotting)

*If you experience any of these symptoms,
please call Dr. Reising for further instruction.