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When To Call The Doctor

- 1) Contractions are every 5 minutes for one hour. A good rule of thumb is to call when each contraction lasts 45 seconds to 60 seconds and you can't talk when you have a contraction. **When you are in early labor quit eating solid foods.** If it is too early to call, rest or sleep if possible. If not, take a shower or bath, wash your hair, etc.
- 2) Call if your bag of water ruptures or is leaking. Do not wait for contractions.
- 3) Call with heavy bleeding like a period. A little bleeding is normal after an exam or when you lose your plug. Losing your mucus plug means you will have your baby in the next 3 weeks. **Do not** call at 3:00 am to tell me you have lost your plug!
- 4) Call if your baby quits moving and you can't make him/her move by drinking something sweet.

When you call at night or weekends 281-856-4931 your call will be answered by the answering service. They will either keep you on hold and connect you with the on call physician, or have her call you back. Please wait to speak with the doctor before you leave your house. Also please call yourself rather than have your husband, mother, etc. call. Please inform the doctor if you are:

- 1) Group B Strep (+)
- 2) Have herpes or history of herpes
- 3) Have had a previous Cesarean Section or any other risk factor.

Have your bag ready. It should include:

- 1) A working camera with batteries, film, etc. A spare "throw away with flash" is a good idea.
- 2) Socks or slippers
- 3) An outfit to wear home (not pre pregnancy blue jeans)
- 4) A list of phone numbers
- 5) A phone card if you plan on making any long-distance calls
- 6) Toilet articles
- 7) A car seat with a new born insert (someone should be able to put this in the car).
- 8) A baby book (with page for footprints marked).
- 9) An outfit for baby to go home in.