



HOW TO CALL YOUR DOCTOR

Our office number is 763-587-7916. A doctor is available 24 hours a day, seven days a week. After office hours the answering service will take your message and call the on-call doctor. Please leave a complete message, including your phone number with area code.

Your call will be returned within 20 minutes. Please attempt to stay off your phone while waiting for a return call. If you have not heard from a doctor in 20 minutes, please call back and identify your message as a second message. It is possible that the on-call doctor may be in a delivery or surgery and cannot return your call immediately. If your second call is not returned, call the North Memorial Hospital Labor and Delivery at (763) 581-8370 or Maple Grove Hospital Labor and Delivery at (763) 581- 2050.

WHEN TO CALL YOUR DOCTOR

The following are considered urgent and warrant a call **ANYTIME**

- **WARNING SIGNS IN PREGNANCY**
 - Vaginal bleeding
 - Severe headache, unresponsive to Tylenol
 - Blurred vision or other unusual visual disturbances
 - Severe or continuing nausea and vomiting
 - Fever over 101° F
 - Abdominal pain
 - Sudden decrease in baby's movement (see fetal movement count handout)
 - Leaking of fluid from the vagina (possible ruptured membranes)
 - More than 4 cramps or contractions per hour occurring before 36 weeks

Labor can begin anytime after 37 weeks, but no one can predict precisely when it will begin. Below are some guidelines that will help you know when to call your doctor.

- **SIGNS AND SYMPTOMS OF LABOR**
 - Contractions lasting 45-60 seconds, occurring every 3 to 5 minutes for an hour or more
 - Leaking of fluid from the vagina (possible ruptured membranes)
 - Vaginal bleeding, like a period
 - Severe abdominal pain (the most severe in your life lasting more than a minute)

You do not need to call if you lose your mucous plug or are experiencing bloody show. After a vaginal exam it is common to have a small amount of spotting.