



INSTRUCTIONS FOR NINTH MONTH OF PREGNANCY

1820 Clinton Ave S
Rochester, NY 14618
(585) 473-2846

You are in your last month of pregnancy. Please follow these instructions in order to obtain the best possible care for labor delivery.

- Do not take douches
- Be extra careful when getting into the bathtub
- You may engage in intercourse as long as it is comfortable for you
- Do not engage in any strenuous activities
- When you have any one of the following complaints, **call the office at 585-473-2846, option 3 for instructions. If you are calling after office hours, your call will be forwarded to our answering service. If for some reason your call fails to transfer, call the answering service directly at 585-453-2222. They will page the on call physician.**
 1. Definite, painful hardening of the abdomen that recurs every 10 minutes or closer
 2. Gush or leak of water from the vagina that isn't urine
 3. Vaginal bleeding
 4. Headache
 5. Vision changes
 6. Abdominal pain

In the event you are bleeding as much as a period, or more, and cannot reach us immediately, go directly to the hospital. After being admitted to the hospital, you will be examined by the House Physician who will then inform us of your condition. We will instruct this Physician on what is to be done for you. As soon as possible, we will come in to see that everything is progressing satisfactorily.

In most cases, we will not have you go to the hospital until your pains are every 4-5 minutes. The early call will protect both you and us. It assures ample time for us to give you some final instructions and it assures that we will be available when you are ready to go to the hospital.

We prefer that our patients stay at home until labor is well established (per our telephone instructions). Then the labor at the hospital does not seem quite so long.

We have had a good pregnancy to date. Let's conclude it with a nice delivery and baby!