

CHANGES IN YOUR BODY

HELPFUL SUGGESTIONS



Things you can do at home in early labor:

- * Soak in a tub of warm water that covers your abdomen or take a shower.
- * Drink warm fluids that may help relax you (herbal teas, hot chocolate, decaf coffee).
- * Drink plenty of fluids (8-10 glasses every day) to stay well hydrated.
- * Try using a heating pad, hot water bottle or warm pack to your lower abdomen or back for cramping or backache.
- * Have someone give you a back rub or massage.
- * Eat lightly.
- * Take walks.
- * Rest if you are tired, sleep when you can.
- * Call us with questions or concerns.

WHEN TO CALL

It is not necessary to go to the hospital immediately when labor begins. It is best to remain at home during the early stages. Therefore, if you think you are in labor, please call the midwife before you go to the hospital. She will talk with you to decide the best time to go to the hospital, and will be able to meet you when you arrive.

AS A GUIDE CALL WHEN: