

THIRD TRIMESTER

WHAT TO DO IF YOU THINK YOU ARE IN LABOR

If you have contractions or pain lasting about a minute and recurring every five minutes and continuing for 2 hours for a first time mom, or 1.5 hours for those with previous pregnancies, you should go directly to Triage at Carondelet St. Joseph's Hospital. You do not need to call. I or one of my call partners will be notified by the hospital when you have been evaluated. Enter the hospital on the east side of the building. There is a drop-off area on this side and parking is on the west side of the hospital in the parking garage. Valet parking is available at times as well.

Contractions are timed by counting from the beginning of one contraction to the beginning of the next. If you have a trickle or gush of watery fluid from the vagina, you should also go to Triage.

SELECTING A PEDIATRICIAN

If you would like suggestions regarding pediatricians, please bring a list of pediatricians covered by your insurance so that Dr. Hutchison can review it. It is not necessary for the pediatrician that you choose to have privileges at St. Joe's as the neonatologists that staff the hospital special care nursery can take care of your baby while you are in the hospital. They subsequently notify your pediatrician and give them follow-up.

FETAL MOVEMENT COUNTING

Keeping track of how frequently your baby moves is helpful in determining that your baby is getting enough oxygen. Starting today and everyday until, it is recommended you count your baby's movements. It is usually best to select a time of day when you can relax and really pay attention to your baby's activity. The time of day when the baby is most active is recommended, but you may consider doing this activity early in the day. If you perform this test early in the day, it will be easier to contact Dr. Hutchison and obtain further testing if your baby does not move enough.

Getting Started:

- ♥ Begin this activity by finding a quiet comfortable place to relax.
- ♥ Make sure you have plenty to drink prior to the test. If you are dehydrated, your baby may not move as much.
- ♥ Lying down on your left side is best, lying on your back can compress the large veins that carry blood from your lower legs to your heart. The decreased amount of blood flow to you and your baby may result in decreased fetal movement.
- ♥ Once comfortable, place your hand on your abdomen, close your eyes and begin to count. Count each time the baby moves, this may be a kick, roll, jab, stretch, etc.
- ♥ When you have counted 10 movements, stop.
- ♥ If 2 hours have passed and you have not felt 10 movements, please contact Dr. Hutchison's nurse for further instructions.
- ♥ Repeat this activity every day, or as often as recommended by Dr. Hutchison.
- ♥ Please do not hesitate to contact us if you are at all concerned with your baby's movement - we want a healthy and successful pregnancy for you and your family!

Effective immediately, Dr Hutchison's call arrangement has changed to include the following doctors:

Dr. Thad Decker

Dr. Vicky Sherman

Dr. Raquel Mercado

All of these physicians are extremely capable and endorsed by Dr. Hutchison. After hours, if you call my office 520-547-5692, the answering service will pick up the phone. If you have a problem, you will be referred to visit Triage or the Emergency Department at Carondelet St. Joseph's Hospital as it is not safe for us to evaluate you simply over the phone. If you need prescriptions refills or other concerns you will need to call the next day as these matters will not be handled after 5:00 P.M. by the on call physicians who does not know you. These new rules are all for your safety. Please understand we are not meaning to inconvenience you.