

## LABOUR CHECKLIST

You're in labour – wonderful! You will be very excited and nervous. Here is a useful resource to help you know when to call your midwife or back up. It is important your midwife gets good quality sleep until you need her to provide you with continuous care when you are in established labour.

### A few guidelines first:

**No texting please:** our texts are always on silent and this is not a safe way to communicate; texts can too easily be missed

**No “heads up” or “early warning” texts or phone calls please:** it's vital we get good quality sleep until you need us to provide ongoing labour care

**Phone us when you are in established labour and you want us to come and check you in labour**

**Please: drink water between each contraction, nibble on food: baked potato, toast, nuts, fruit every 15-30 min. Rest, rest, rest while you can**

**So when am I in established labour? Please complete this checklist:**

- Are contractions every 3 mins, all lasting 60 seconds or more?
- Have they been like this for at least an hour?
- Are there no irregular spaces between contractions now?
- Have I taken 2 Panadol? This can help in early labour.
- Have I tried to rest or sleep?
- Have I had a long bath or shower?
- Have the contractions continued to be every 3 mins, all lasting 60 secs or more after all this?

*If you have ticked all of these boxes, call your midwife.*

### Reasons to urgently call your midwife 24 hours:

**Colour of waters is green or brown - meconium** (pink or clear fluid is normal please phone your midwife in the morning unless she has told you to phone immediately)

**Bright red blood running down your legs** (a bloody or mucousy 'show' is normal – sometimes like a period with mucous as well, this is normal – no need to phone)

### Special instructions:

We love our work and try to minimise our tiredness & stress levels by asking you to be mindful of when you phone us, especially in the evening & through the night. We want to be at our freshest & most rested in order to provide you with safe & expert care.

**Many thanks & best wishes for a great birth experience & beautiful baby.  
The Midwives Green Bay ©**