



Lions Gate Maternity Clinic

Lions Gate Hospital
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What to do if you think you are in labour

Call **Lions Gate Hospital @ 604-988-3131** and ask for **Labour & Delivery**. A nurse will speak with you and give you instructions. The LGMC doctor on call will be notified by the Labour and Delivery nurse.

Signs of Labour

- ⇒ Contractions occurring at regular intervals (5-10 minutes apart)
- ⇒ Increasing length of contractions (lasting 30-60 seconds)
- ⇒ Increasing intensity of contractions (you have to stop and breathe through them)
- ⇒ Contractions accompanied by loss of 'mucus plug' or blood-tinged mucousy discharge
- ⇒ Contractions felt in the abdomen, lower back or sometimes in the thighs
- ⇒ Contractions that don't decrease when resting, but continue whatever you do

When to Call

- ⇒ Contractions are regular, painful, last 45-60 seconds and occur every 5-10 minutes
- ⇒ Your water breaks (membranes rupture)
- ⇒ You have vaginal bleeding
- ⇒ Your baby is not moving or moving less than usual

If this is your first pregnancy, we recommend taking the Hospital Tour (Tuesday evenings.) You must register by calling 604-988-3131 ext 5728. You can also pre-register for admission by visiting Hospital Admitting prior to your due date to fill out your paper work.