

## **VALLEY WOMEN'S CLINIC, PLLC**

17722 Talbot Road South  
Renton, WA 98055-5744  
Appointments: 425-228-0722  
Fax: 425-271-2566  
[www.valleywomens.com](http://www.valleywomens.com)

### **When Labor Begins!**

**At the first sign of labor, call your doctor at (425) 228-0722 - 24 hours a day**

#### **SIGNS OF LABOR**

- ♥ When your uterus is firm and contractions last 30 seconds or more and begin every 3 - 4 minutes
- ♥ If you experience any water leakage or an unusual increase of vaginal discharge
- ♥ If you experience vaginal bleeding and it is heavy enough to require a pad
- ♥ If you experience abdominal or low back pain that suddenly begins and persists

#### **WHEN TO GO TO DIRECTLY TO THE BIRTH CENTER AT VALLEY MEDICAL CENTER**

- ♥ Always try to call our office before heading to the Birth Center!
- ♥ If you are in active labor and unable to reach your doctor
- ♥ If you are worried and desire to be examined to see if you are in labor
- ♥ If you are experiencing major vaginal bleeding
- ♥ If your membranes rupture

#### **FROM 11:00 PM TO 7:30 AM**

- ♥ You may go to the Birth Center at Valley Medical Center to be checked without calling your doctor first. At all other times, please call the office first if possible
- ♥ The nurses at Valley Medical Center's Birth Center are available for telephone consultation if you cannot reach your physician at (425) 251-5182. Remember, please call the office first if possible!