

Oregon Clinic patients- When should I go to the hospital?

Gush of Fluid:

- A sudden gush of fluid all at once from your vagina OR
- water that continues to leak when you walk or move

Vaginal Bleeding:

- Bleeding like a period (slight spotting or mucous may be normal)

Contractions:

- Every 4 minutes or less
- **AND** they last more than 1 minute
- **AND** you have been having them for 1-2 hours or more
- **AND** they are making it difficult to walk, talk, or breathe through them easily

Fetal Movement:

- Your baby has not been moving at least 10 times in 2 hours (hiccups and small movements count as moving)

What to do:

Monday through Friday 8 am to 5 pm

Call our office at **503-284-5220** and press **option 2** to speak with our nursing triage line. We can help you determine if you need to come to our office or if you need to be seen in Labor and Delivery.

After Hours (between 5pm and 8am & weekends)

Call Labor and Delivery at **503-413-4278** to let them know you are coming to the hospital. They **cannot** give you advice, but they do need notice you are on your way. You do not need to call the office or our answering service. Labor and Delivery will evaluate you and call the physician on call.