

WHEN SHOULD I COME IN FOR AN ASSESSMENT AT HIGH RIVER HOSPITAL?

After 20 weeks of pregnancy, if you need to be seen by a doctor or midwife after clinic hours, please come to the obstetrical triage area on Unit 100 of the High River Hospital so we can assess you and your baby's wellbeing.

If you need general health advice or recommendations on how soon you should see a doctor or midwife, please contact Health Link at 811. Health Link is available 24 hours daily, 7 days per week.

COME IN FOR AN ASSESSMENT (ANY TIME OF DAY) IF:

- You have contractions:
 - Before 37 weeks:
 - You are having contractions consistently every 10-15 minutes for more than 1 hour; this could be concerning for preterm labour.
 - After 37 weeks:
 - You have having contractions consistently every 4 minutes apart, lasting 1 minute long each, that go on for more than 1 hour; this could be active labour. Usually, active labour contractions are intense and are difficult to talk through.
- You have bright red vaginal bleeding:
 - If, at any point in your pregnancy, you have bright red vaginal bleeding or bleeding that looks like a period, please come in.
- You have leaking of fluid from your vagina:
 - If you are having continuous leaking of clear fluid from you vagina, this could mean your water has broken. We need you to come in so we can test the fluid and assess baby.
- You feel decreased movement (after 28 weeks only):
 - After 28 weeks, we would like you to think about baby's movements every day.
 - Your baby will have periods of rest and activity each day. At least once per day, you should feel your baby moving 6 times within a 2 hour window.
 - If you think baby isn't moving as much as normal, please try to count baby's movements by sitting in a quiet room with your hands on your belly.
 - Please come in if you are not able to feel 6 movements within 2 hours or if there is sudden decrease in movements.

WHERE TO GO FOR AN ASSESSMENT:

- Unit 100 is located on the first floor of the High River Hospital.
- When you arrive, stop at the admitting desk just inside the front door of the hospital.
- After you are registered at the admitting desk, you will be directed to Unit 100 where a team of nurses and a midwife or doctor will meet you.