

Your Hospital's Logo Here

# DISCHARGE INSTRUCTION SHEET

## EARLY / FALSE LABOR

PATIENT IDENTIFICATION

**DATE**

Your doctor believes that you are not in **active** labor and that it is best for you to remain at home. However, it is important that you follow these instructions:

1. Time your contractions when you find they have become regular.
  - a. Contractions are timed from the start of one contraction to the start of the next contraction.
  - b. Call your doctor when your contractions are coming every 5 -10 minutes for the past hour.
2. Call your doctor if the bag of water breaks.
  - a. It may happen as a big gush of water or just a small leakage of water coming the vagina. Unlike urine, you won't be able to control the flow.
  - b. Look to see what color the water is and let your doctor know.
3. As your cervix (the opening to the womb) thins to prepare for delivery, you may pass your "bloody show".
  - a. "Show" is mucousy and may be pink, brown or dark red. Unless you are having contractions along with the passage of your show, you do not need to call the doctor yet.
4. Bleeding in pregnancy is not normal and should always be **immediately reported to your doctor**. However, a small amount of spotting is normal after a vaginal exam or sex.
5. If your water breaks or your labor has begun, **DO NOT EAT SOLID FOODS**. Clear liquids, such as Koolaid, Jello, broth and water are best.

### SPECIAL INSTRUCTIONS

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### FINDINGS / RECOMMENDATIONS

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**I have read these instructions, and understand them as they have been explained to me.**

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PATIENT'S SIGNATURE

\_\_\_\_\_  
DATE / TIME

\_\_\_\_\_  
PHYSICIAN'S SIGNATURE

\_\_\_\_\_  
DATE / TIME

\_\_\_\_\_  
NURSE'S SIGNATURE / TITLE

\_\_\_\_\_  
DATE / TIME

**WHITE** - Medical Records

**YELLOW** - Patient

## PART OF THE MEDICAL RECORD