**09 Labor & Delivery**\_d2

Women’s Wellness Center

**URL:**

huronobgyn.com

**Title** (46 characters):

Labor and Delivery | Women’s Wellness Center

**Description** (158 characters):

Women’s Wellness Center is ready to give you and your growing family personal care throughout the pregnancy experience. Call us to learn more at 000-000-0000.

ABOVE SECTION FOR INTERNAL USE ONLY – Exclude From Client Review

**What to Expect: Labor and Delivery with The Women’s Wellness Center**

At the Women’s Wellness Center, our doctors are specialists who have been delivering babies for years. They know all of the aspects of childbirth and have helped women from all walks of life through the labor and delivery process many times. What’s more, because our doctors and staff are all women, we know that labor and delivery can be a little intimidating. We take the time to make sure that your childbirth experience is as comfortable and rewarding as possible.

***We’re here to help you prepare***

Giving you the personal care you need to help you get comfortable starts with a series of [prenatal care](http://www.huronobgyn/obstetrics/labor-and-delivery) visits at our office. During the first six months of pregnancy, you’ll visit us about once a month. After that, your visits will come more often. Right before the baby is born, we’ll see you every week.

**Is it really time?**

It’s not always easy to know when the baby is coming. It makes sense to go to the hospital when any of the following things happen:

* Contractions become more frequent, last longer and are more intense
* Your water breaks or membranes rupture
* You need to wear a pad because of vaginal bleeding
* Pain increases or changes, especially when you have a lot of abdominal pain

Some of these symptoms can also happen in cases of early, or pre-term, labor.  Other symptoms of early labor include:

* Leaking fluid or bleeding from your vagina
* The sensation that the baby is pushing down
* A backache that is different from the usual backache of pregnancy
* Cramps that feel like menstrual cramps

**What to expect when you arrive.**

If you go to the hospital for any of the above reasons, please go directly to the Emergency Department. However, a triage nurse may have you go to labor and delivery instead. Either way, when you get settled, a nurse will place a fetal monitor on your belly to check baby’s heart rate and measure your contractions. You may also be tested to see if amniotic fluid is present. There will be a cervical check too, to see if you’ve dilated.

When your contractions seem strong, amniotic fluid is present and your cervix is changing, you’ll be admitted to deliver the baby. If those indicators aren’t happening, you may be sent home, but you’ll probably be back soon.

**What happens after admission**

If you’re admitted, you’ll be assigned a labor and delivery nurse who will stay with you as you go through labor. You may get medication to manage pain (that’s a choice you can make with your doctor). As your contractions increase, nurses will put monitors on you periodically to check on baby’s heart rate and your contractions, or a nurse may keep the monitors on your belly while you’re in bed.

You may also see your doctor at this point. Remember, you could be in labor for hours, so the nurse will be with you more than the doctor will.

After a while, the contractions will become intense and increasingly close together. Then you’ll have an urge to push. You shouldn’t push yet—but it’s almost time, and you should make sure the nurse or your doctor is close by. Always follow the instructions from your doctor or nurse. They will tell you when to push and how much. They’ll also help guide your baby out into the world. Then—you’re a mom!

If you have questions about any aspect of pregnanc,y or if you’d like other information on prenatal care or labor and delivery, just give us a call at 000-000-0000. You can also call that number to schedule an appointment with one of our doctors—the only true Women’s Health specialists in Huron, SD. Or request an appointment using our convenient [online form](http://huronobgyn.com/contact/).

© 2018 Women’s Wellness Center. All rights reserved. Website by [Healthcare Success, LLC](http://www.healthcaresuccess.com/).