



# Women Gynecology & Childbirth Associates, P.C.

1815 South Clinton Avenue - Suite 610  
Rochester, New York 14618  
585.244.3430  
Medical Spa-Suite 640: 585.271.0340

1630 Empire Boulevard  
Webster, New York 14580  
585.787.8480

515 Long Pond Road  
Rochester, New York 14612  
585.720.9280

## Labor Facts

### *When do I call the doctor?*

- If this is your first baby, call when your contractions have been 5 minutes apart for one hour, lasting 45-60 seconds.
- If this is not your first baby, call when your contractions are 5 minutes apart for ½ hour. Call earlier if you had a rapid labor with any of your previous children.
- If you have had any specific medical or obstetrical problems, you may be given other instructions.

### **Rupture of membranes (when the water bag breaks)**

- If the fluid is clear or yellow with little white flecks:
  - During the day: Call the office when it happens
  - During the night: Monday – Friday call the office at 8:30 am
  - On the weekend: Call the answering service (258-4887) at 8:30am
- **Call Immediately**
  - If the fluid is green, bloody (more than pink bloody show) or thick yellow in color
  - If you had an outbreak of herpes within the last week or have had a positive culture within the last week
  - If you are positive for Group B Strep

**Bloody Show or Loss of Mucous Plug in the last three weeks of pregnancy:** Report at your next office visit.

Telephone: Brighton (S. Clinton Ave. office) 244-3430  
Webster (Empire Blvd. office) 787-8480  
Greece (Long Pond Rd. office) 720-9280

\* Your newborn needs to be added to your insurance policy, as soon as possible, after being born. Paper work is usually provided by the subscriber's employer. If you are planning a circumcision, we need to know the baby's name and insurance information as soon as possible after delivery, so we can submit the procedure to the insurance company. Failure to do this may result in you being responsible for the cost. You can call our billing office at 244-4360 and leave the information on the machine anytime.

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