



## **After Hours Pregnancy Concerns**

It is hard to know what to do when you are pregnant and have a health concern. Do you call the doctor on call, or wait until morning to call the office during normal business hours? When should you go directly to the hospital without calling?

**Go to the OB Triage Unit at Sparrow Hospital, without calling the office, if you experience any of the following circumstances:**

- **A change or marked decrease in your baby's movement**
- **A gush or persistent leakage of fluid from the vagina**
- **Vaginal bleeding**
- **Severe headache, possibly accompanied by visual changes, spots or silver streaks in your vision field.**

**Do not call the doctor on call in these situations as you will need to be evaluated in the hospital. The Alliance doctor that is on call will either already be at the hospital or will be notified by the hospital staff when you arrive.**

**Prior to 36 weeks** Go directly to the hospital if you experience abdominal tightening that last for 40 seconds or longer and occurs 6 or more times in one hour. This may be a symptom of preterm labor that can be corrected.

**After 36 weeks** Wait until you are having strong, regular contractions that last 60-90 seconds from start to finish and have been occurring every 3-5 minutes for at least 1 hour. These contractions are usually thought of as extremely uncomfortable. If you think you are in hard labor and have a history of fast labors, you should go to the hospital when you feel it is appropriate. You must also go if you suspect your water has broken or if you have bright red bleeding (like a period).

Our office phone hours are **Monday- Friday from 8:00 am – 5:00 pm, except Tuesdays when the phones turn on at 9:00 am.** Please call our office at **517-484-3000** for questions or concerns that occur during these hours.