

Birth- when to call the midwife?



Verloskundige Praktijk Margriet

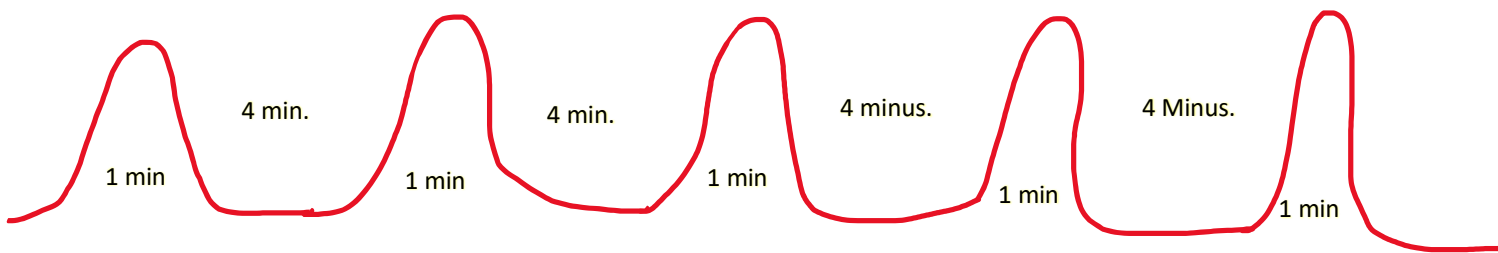
Labor and delivery may start safely from the 37th week of pregnancy.

The midwife can be reached at 0610260103

Contractions

About 90% of births begin by contractions.

Contact us after 2 hours of regular, 1-minute contractions every 4 minutes.



Breaking of the membranes

About 10% of births begin by your water breaking.

Normal amniotic fluid is clear or pale pink in color.

If your water break between 21:00 in the evening and 09:00 in the morning, you do not have to call us. Take a shower and try to sleep. This is important for your energy!

Call us after 09:00 in the morning.

Exception: If the amniotic fluid is green, yellow or brown – call immediately, regardless of the time!

Blood loss

Call us if you lose more than one large pad full of blood within one hour.

To the hospital:

- Haga Hospital: Els Borst-Eilersplein 275.

Come in through the main entrance, take a wheelchair if necessary and wait at the desk (balie) in the hall. You will be picked up there. The delivery rooms are on route J.2.2

- HMC Westeinde: Lijnbaan 32

Come through the main entrance, if necessary, take a wheelchair and walk towards "Moeder & Kind Centrum" - orange route, 3rd floor.