



STEVEN S. MAGGID, M.D., F.A.C.O.G.
CORLISS D. NEWHOUSE, M.D., F.A.C.O.G.
BARBARA J. BUTLER, M.D., F.A.C.O.G.
V. ASHOK RANGNATH, M.D., F.A.C.O.G.
ALICE M. CHAPMAN, M.D., F.A.C.O.G.
SARA B. LEITHEISER, M.D.
RACHEL M. GHAMAN, PA-C

LABOR INSTRUCTIONS

When to call the doctor:

- If membranes rupture / water breaks (water coming from vagina that runs down the leg and you cannot control it). Call even if you do not have any pain or contractions.
- For contractions, please follow the 5-1-1 guideline. Unless directed otherwise by the doctor, call if your contractions are occurring every 5 minutes, lasting one minute (on average) and going on for one hour.
- If you have bleeding that is more than what you would have with a period.
- If you have a significant decrease in fetal activity.
- **When you are in labor, you should call the doctor. You may request a particular hospital when you call. The on call doctor will determine which hospital you can go to depending on where they are working at the time that you call. While we try to honor our patient's wishes, we cannot always guarantee you will deliver at the hospital of your choice.**

Our after-hours emergency phone number is 1-888-289-7170

www.obgynmaryland.com

SPECIALIZING IN OBSTETRICS, GYNECOLOGY AND INFERTILITY

Mar 2025

2301 RESEARCH BOULEVARD • SUITE 215 • ROCKVILLE, MD 20850 • (301) 424-3444 • FAX (301) 926-0655
10801 LOCKWOOD DRIVE • SUITE 290 • SILVER SPRING, MD 20901 • (301) 593-5595 • FAX (301) 754-0947