

Important Information before Labor

(待產須知 英文)

◆ When to go to the hospital?

1. Regular contractions: First time pregnancy: three times in 10 minutes; experienced of pregnancy: once per minute.
2. **Rupture of amniotic sac membranes:** amniotic fluid gushing or leaking from the vagina like urine and will wet your underwear, chair and even bed.
3. **Bloody show** Considerate amount of blood leaking from the vagina
4. **Fetus stops moving:** no contractions within 2-3 hours
5. **A series of continuous and progressive contractions**
Sharp pain in the abdominal region which is stiffened like a basketball.

◆ What should you prepare before going into labor?

1. Disposable pants (for pregnant woman)
2. Sanitary pads (for use during labor)
3. ID card of the husband and the wife
4. Expectant Mother Health Guide & Health Insurance card
5. Bottle for washing vagina
6. Clean clothes and bathroom kits
7. Tissue paper
8. Do not bring too much cash or expensive belongings ; 24-hour ATM machine is available in the hospital.

◆ Do not panic

1. It is not necessary to rush in the hospital if no contractions occurred or only a little red fluid leaking from the vagina.
2. The hospital is responsible for the babies' food and clothes during their stay. You can just bring their clothes when leaving the hospital.

If you have any questions or emergencies, please dial:

(07)5552565(Ext.)2500、2070 (Fine Art Museum division)

Please sign if you have understood
the above information about labor.

(Parent or family's signature) _____ (date) _____



高雄市立聯合醫院

Kaohsiung Municipal United Hospital

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