

Calling instructions after 37 weeks. Phone number: 06-53 54 86 31

Contractions

In most cases, the contractions will gradually increase in strength and frequency. Only start timing when you have really painful contractions. Dilation starts when you have regular contractions that last for 1-1.5 minutes and come every 3 to 5 minutes.

Calling with a first child:

When you have contractions every 4 minutes for an hour, each lasting 1 to 1.5 minutes and increasing in intensity.

Calling with a second or subsequent child:

You will receive personal advice during the consultation hours.

Broken membranes

- Clear amniotic fluid, descended head without contractions -> call us after 8:00 am. We'll check on you during the day.
- Green, brown or bloody amniotic fluid -> call immediately
- Head that has not descended (you will hear this during the consultation) -> call immediately and lie down (don't get up again until the midwife has checked you)
- In case of contractions after ruptured membranes: follow the instructions under 'contractions'

Always keep your bandage or underwear so we can check the amniotic fluid and color.

Blood loss

- Call us if you suddenly lose large amounts of bright red vaginal blood.
- Always keep your bandage or underwear so we can assess the amount of blood.

Concerns, questions or consultation

- The above calling instructions are guidelines that apply to most situations. However, every birth is different. There will also be situations that are not described that you would still like to discuss.
- Call us for consultation if you have any concerns or questions.

Midwife on duty: 06 53 54 86 31

Preparation for delivery



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Raise bed

For a home as well as for an outpatient delivery and during childbirth, it is necessary that a raised bed is available from 37 weeks onwards.

This can be both a single and double bed. The ideal height is 80 cm. A box spring is often still too low. You can use bed boosters or crates (no extra mattresses).

During the delivery we work on your right side, it is advisable to protect this mattress sufficiently against amniotic fluid and blood.

Always prepare

- Maternity package in the box in the bedroom (or at your fingertips)
- Lay the mattress protector under the fitted sheet
- Two buckets with a roll of large garbage bags
- Flight bag / bag to take to the hospital with:
 - Clothing that you want on during the delivery and Clothing for after delivery
 - A set of clothes for the baby (incl. shawl / jacket for outside)
 - Photo camera + charger
 - Energy-rich snack / dextro energy / lip balm, etc.
 - Pregnancy envelope containing your ID and the (recent) JBZ pass
 - Maternity file
 - (night) clothing and stuff for 1 night for the partner

Preparing for a home birth

- Floor lamp that you can aim
- At least eight hydrophilic diapers
- Metal jugs and jug bags
- The bedroom must be heated during delivery

Pre-contractions

These are easily absorbable cramps in the abdomen. Pre-contractions do not cause an obstruction and childbirth can take days to come

Mucus plug:

If you lose mucus or mucus mixed with blood by the end of the pregnancy or the beginning of the delivery, this is normal. This is not to say that you will immediately give birth.

No reply to the service number

When you get the voicemail clearly enter your name and phone number, we will try to call back within 10 minutes. (If we have not called back within 10 minutes please try again). If there is no hearing and no answer to the voicemail, you can call the emergency service at the Jeroen Bosch hospital: 073 553 2020.

