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## Call instructions for delivery

The delivery can start in two ways. 90% of women first have contractions. In 10% of the delivery's the membranes will break first. Most women give birth a few days after the due date. Because every delivery is different, it is important to call in any case if one of the following situations occurs:

First child:

- An hour contractions that come every three minutes and last for a minute.
- When the membranes break > always try to collect some amniotic fluid!
  - Clear amniotic fluid (water/whitish/pink): call between 8 a.m. and 10 p.m. or if you also have contractions for one hour every three minutes.
  - Green/brown/red amniotic fluid: call immediately! Even after 10 p.m.!
  - If the head of your baby wasn't in the pelvis at your last check up. Lie down and call immediately! The midwife will always tell you if this is the case.
- When you have clear red blood loss. Save the blood loss (sanitary napkin or in het toilet) so that we can assess this. A few drops are normal. If it is more than a few drop, always call!
- In case of concern or questions.

If you have given birth before, then another call advice applies when the contractions occur:

- An hour of contractions that come every five minutes and last for a minute.
  - If your contractions take less time or come less frequently, but you already have the idea that the birth has started or when you are in doubt, always call!
- All other instructions are the same as mentioned above.

**If you have contractions or the membranes break before you are 37 weeks pregnant, you should always call immediately!**

**Phone number: 010 307 06 85 (accessible day and night)**