

30-WEEK MATERNITY CARE HANDOUT

Why you might go to the hospital (Unit 76)

- Any bleeding or significant abdominal pain
- Decreased fetal movement (less than 6 movements in a 2-hour period in one day). To monitor fetal movement, try drinking cold water and placing your hands on your abdomen.
- If you think your water has broken
- If you are having contractions
 - Less than 37 weeks: 6 contractions or more per hour
 - 37 weeks: contractions every 2–3 minutes, lasting 1 minute for 1 hour, if this is your first baby
 - 37 weeks: contractions every 5–7 minutes, lasting 1 minute, if you have already had a baby

Family Maternity Place

- Unit 76, 7th floor, South Health Campus
 - Park in the “Forest” section of the parkade for easier access to the unit, and then take the inpatient elevator to the 7th floor
- Health Link at 811
 - Registered nurses are available to answer all of your questions 24 hours a day, 7 days a week