

Preterm Pregnancy Precautions

Discharge Instruction for going home undelivered (less than 37 wks gestation) from NHOH L&D unit

1. Drink plenty of water. At least 2-3 quarts daily
2. Empty your bladder often
3. Rest as much as possible
4. Eat small frequent balanced meals
5. Continue to do fetal movement counts daily

Return or call **Labor & Delivery @ 257-9776/9777** if any of the following symptoms occur:

- *Persistent menstrual-like cramps
- *Persistent lower-back pain
- *Intense and persistent pressure in the pelvis or vaginal area
- *Regular contractions (4 or more in 1 hour) that don't stop with rest/fluids or decreased activity
- *Sudden gush of amniotic fluid or slow leak fluid from the vagina
- *Decrease Fetal Movement-less than 10 movement in 1-2 hours
- *Bleeding

Comments _____

I have been informed of the above information. I am aware that I may return at any time for evaluation and care. I acknowledge that a duplicate copy of this document has been provided to me and that I have had the opportunity to discuss these instructions with the health care personnel and understand its contents.

Patient Signature

Nurse Signature Date/time

Doctor _____ notified at _____ (time) and determined delivery is not imminent, no complications are present and authorizes discharge.

Discharge Time _____
PATIENT'S IDENTIFICATION

Nurse Signature _____