

## Information for pregnant women (30 weeks)

You are about 30 weeks pregnant. This leaflet tells you for what symptoms you should contact the hospital.

### When to make contact

If any of the following occurs, you must contact the hospital's Obstetrics department :

- First-stage contractions occurring every four or five minutes, lasting one minute, over a period of one hour.
- Loss of amniotic fluid.
- Blood loss.
- Feeling less movement.
- Questions or concerns.

You can read below how to recognise these symptoms and when exactly you should contact us.

### Contractions

A contraction is a painful tightening of the womb. Depending on how advanced the birth is, you experience different types:

False contractions (Braxton-Hicks contractions): these are irregular contractions that may occur weeks before the due date. These contractions do not cause dilation (opening of the cervix). They ensure that the womb is ripe for the birth. They make the cervix thin and soft. If you are experiencing intermittent painful contractions, they are most likely false contractions.

First-stage contractions: If the birth is starting properly, the false contractions become more regular and painful and

become first-stage contractions. These are the contractions causing dilation. When dilation progresses, they become more frequent and will last longer and longer. These are the contractions where you feel you have to puff them away and you can no longer talk at the same time. If these contractions occur every four or five minutes over a period of one hour and last about one minute, you must contact the hospital. If it is the birth of a second or third baby, it is wise to contact us when the first-stage contractions occur every seven minutes over a period of one hour.

Second-stage contractions: If the cervix is completely dilated (10 cm), the second-stage contractions start. These contractions make you want to push. They are necessary for the baby to be born.

Afterpains: Immediately after the birth and a few days after you experience afterpains. The womb tightens up, so there is less blood loss.

### Loss of amniotic fluid

Membranes surrounding the baby may rupture, causing amniotic fluid to leak out. This may occur without there being any contractions.

Amniotic fluid is clear (colourless/pink) and often has a sweet/sickly smell. This in contrast to urine which is yellow and has a strong smell. Another difference with urine is that amniotic fluid continues to leak out and you cannot hold it up. If the amniotic fluid contains some of your

baby's poo, the colour is yellow or moss green, this is called meconium.

You should call the hospital's Obstetrics department at any time (day and night!) if you:

- Are losing green amniotic fluid.
- Are losing amniotic fluid and have not yet reached the 37th week of pregnancy.
- Are losing amniotic fluid and your baby is in a breeched position.

If you lose amniotic fluid after the 37th week of pregnancy, you only need to phone if the loss of amniotic fluid starts during the day. If the waters break during the night and the head is properly engaged, you may wait until the following morning, unless you are concerned.

Try to catch some of the amniotic fluid in a pot or dish and bring it with you to the hospital. This can then be tested to see if it is definitely amniotic fluid.

### **Blood loss**

Contact the hospital immediately if you are losing (a lot of) bright red blood.

Sometimes you may lose a mucus plug with some old blood. This could happen before the contractions start. This does not mean that the birth is about to happen and you do not need to telephone for this.

### **Feeling less movement**

It is important that you feel the baby move properly. As the pregnancy progresses, the baby's movements will change. Big and quick movements change into more quiet and subtle movements towards the end of the pregnancy.

If you feel less movements or no movements at all, always contact the hospital.

### **If you are worried**

Even if you do not clearly recognise any of the above symptoms, but you are worried about something, please do not hesitate to contact us by telephone. There is a nurse and/or clinical midwife present at the Obstetrics department day and night. If necessary, the nurse will consult with the clinical midwife or gynaecologist.

### **What you take with you for the birth**

- Clothing: comfortable clothing for the birth (t-shirt or nighty), about 5 (large) knickers, (breastfeeding) bra, night clothes, dressing gown, slippers, bath slippers.
- Toiletries: comb or brush, soap, shampoo, toothbrush and toothpaste. Towels and flannels are available.
- For relaxation, if desired: hot water bottle, magazines, MP3-player/Ipod, telephone.
- Other: a valid identification document, valid insurance certificate for you and your partner, pregnancy card (if birth by a midwife), photo/video camera (and spare batteries!), important telephone numbers (including maternity care provider), dextrose, a two euro coin for a wheelchair.
- For your baby: three separate vests or baby vests, three jumpers and trousers or all-in ones, brush, hat, socks, Maxi-cosi car seat (nappies not necessary).

### **Availability**

The Obstetrics department is available on 020 - 755 6648. If there is no reply, for emergencies, call the general number of Ziekenhuis Amstelland 020 - 755 7000.

### **Notes on this leaflet**

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via [voorlichting@zha.nl](mailto:voorlichting@zha.nl).