

# Delivery

## Index of Frequently Asked Questions

How do I calculate my due date? .....	<a href="#"><u>2</u></a>
I had a C-section. Will I need another? .....	<a href="#"><u>2</u></a>
Where will I deliver my baby? .....	<a href="#"><u>2</u></a>
Who will deliver my baby? .....	<a href="#"><u>2</u></a>
Am I in labor? .....	<a href="#"><u>2</u></a>
What is preterm labor? .....	<a href="#"><u>3</u></a>
Am I having a miscarriage? .....	<a href="#"><u>3</u></a>



How do I calculate my due date?

You can calculate your due date by subtracting 3 months from the first day of your last normal menstrual cycle and adding one week. Remember this only marks the 40th week of your pregnancy; most women do not deliver on their due date.

I had a C-Section. Will I need another?

Most patients with a prior c-section have the option of a repeat c-section or vaginal birth after c-section (VBAC). For those who elect for a repeat c-section, the surgery day will be arranged as you approach your due date; it is usually around one week prior to your expected due date. Should you go into labor prior to this time, you will have your surgery at the point with the doctor on call at that time. If you choose a VBAC, we will discuss with you the risks and benefits of one and if you are a good candidate for this procedure.

Where will I deliver my baby?

Our practice delivers at Clovis Community Hospital.

Who will deliver my baby?

Dr. Kroeker works in a call rotation, ensuring there is always a provider on call for patients in labor and with emergency needs. As of Oct. 1, 2019, Dr. Kroeker joined a new call group. She will deliver and care for her own patients during office hours, Monday-Friday (8a.m. to 5 p.m.) and one to two times during the week and every seventh weekend. While Dr. Kroeker cannot guarantee she will be there for delivery, a provider will be available. The doctors who will share call are as follows:

- Dr. Dan Dorough
- Dr. Dave Dorough
- Dr. Larry Lopez
- Dr. Lura Reddington
- Dr. Bill Brown
- Dr. Gilbert Moran

Am I in labor?

Contractions in labor are usually strong, painful tightenings of the uterus. They last for 30 to 60 seconds, with a break in between. When you begin to feel contractions, start recording the time and duration. When you are having contractions that are every 5 minutes for 1 to 2 hours, call our office and we will let you know if you should come into the office or go directly to the hospital.

## What is preterm labor?

A contraction is a tightening feeling of your uterus that makes your abdomen feel firm. This sensation can range from barely noticeable to very painful. Their lengths can be from just a few seconds to a minute. Throughout your pregnancy, you will experience mild contractions that are irregular and not painful. These are normal and help prepare the uterus for labor. These contractions become abnormal when they increase in frequency, pain, and regularity before 36 weeks. Contractions may also be perceived as back pain that comes and goes or pressure in the pelvic area. If you are experiencing any of these symptoms, try lying down for one hour and drinking a large glass of water or juice. Record these contractions. If you are having more than four contractions an hour for two hours that last longer than 30 seconds, please call the office. We may arrange for you to come to the office or go to the hospital for evaluation of preterm labor.

If you experience any of the following signs or symptoms, call the office right away:

- Bleeding from the vagina, requiring changing a pad every hour or less.
- Severe pain, cramping or lower abdominal pressure that does not go away.
- A stop, or noticeable reduction, in your baby's movements.

If you call the office after office hours, press 0 to connect to the exchange. The exchange will page the doctor on call. If you do not hear from him or her within 15 minutes, **go to Clovis Community Medical Center.**

Other symptoms to watch for:

- Severe backache
- Fainting or dizziness not relieved by lying down and eating
- Severe headache, not relieved with Tylenol
- Swelling of face or hands, or severe rapid swelling of the feet or ankles
- Blurred eyesight or visual disturbance
- Fever or chills
- Pain or burning sensation when urinating
- Severe nausea and vomiting
- Vaginal discharge that is bloody, greenish, yellow, bad smelling, or that which occurs with burning or itching.
- Large gush of fluid or a continuous feeling of wetness.

If you should experience any of the symptoms below, call our office for advice on what to do.

## I am bleeding slightly. Am I having a miscarriage?

Many women will experience a miscarriage during their lifetime. It is a sad time for you and your partner, but remember it is not because of anything you did or did not do. It is out of your control and is usually a sign that the pregnancy's formation was not just right.

If you begin to bleed and cramp this may mean that you are going to have a miscarriage. Brownish discharge or light bleeding near the time of your first missed period is normal. However, bleeding that is as heavy as a period is not normal and needs evaluation. If you pass any tissue, please save it and bring it to us. If you begin bleeding at nighttime and it is not more than a period, please call us in the morning to be seen. If you are bleeding more than a pad an hour, then go to the emergency department at Clovis Community Medical Center.