



Labor Instructions

**** Please never put labor-related questions (leaking fluid or fetal movement) on the portal. Call our office ASAP****

Important Phone Numbers

Orange Coast Women's Medical Group (949) 829-5533
Fudge Family Birthing Suites at Hoag Hospital Irvine: (949) 517-3223
Labor and Delivery at Hoag Hospital Newport: (949) 764-5789

The following is a summary of when to call your provider regarding labor:

Irregular contractions and/or loss of mucous plug **DO NOT** indicate that you need to leave for the hospital, or even that labor has begun. Rather, it is time to call the doctor and prepare to go to the hospital when **ALL** the following occur:

- ✓ For the first baby, contractions are 3 to 5 minutes apart; that is, one contraction starts 4 to 5 minutes after the start of the prior contraction. For the second baby, contractions are 5 to 7 minutes apart.
- ✓ Each contraction lasts from 45 to 60 seconds.
- ✓ You are unable to talk during a contraction and find you must use the breathing techniques you were taught in your birthing class.
- ✓ The contractions are getting progressively more painful.

CALL YOUR PROVIDER IMMEDIATELY IF:

- Your water has broken. This can be a continuous leakage of fluid or a large gush. **DO NOT** wait for your contractions to begin.
 - You experience bright red vaginal bleeding. Please note that some bleeding after a pelvic exam is normal.
 - You notice a marked decrease in fetal movement.
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- ✓ **CALL US BEFORE LEAVING FOR THE HOSPITAL.** To avoid delays and confusion at the hospital, always call your provider – no matter what time – before leaving for the hospital. This will ensure that the nursing staff at labor and delivery is notified and informed of any special needs you may have.
- ✓ **CALL THE REGULAR OFFICE PHONE NUMBER.** Call **(949) 829-5533** day or night to reach the doctor. After-hours the telephone is answered by the providers'

answering service personnel who are trained to notify our providers immediately of calls regarding labor. If you have trouble getting through on the telephone, call the Fudge Family Birthing Suites at Hoag Hospital Irvine at **(949) 517-322-3225** or Labor and Delivery at Hoag Hospital Newport at **(949) 764-5789**. If your regular provider is unavailable the answering service will connect you with one of their qualified OCWMG colleagues.

- Medications and epidural anesthesia will be given on an individual basis as requested or as needed, subject to your progress in labor. Please make your preferences clear to your labor nurse and provider. Spontaneous (naturally starting) labors are preferred for the health and safety of mother and baby. You are considered “overdue” two weeks after your due date given to you by your provider.
- Upon admission you’ll be asked for the name of the pediatrician you’ve chosen to care for your baby. Please confirm that your pediatrician is contracted with your insurance plan. (If a pediatrician hasn’t been previously selected, be assured that your baby will be cared for by a Hoag Medical Group pediatrician and will only be discharged when medically stable).
- Your medical condition and time of admission will determine your length of stay in the hospital. Most insurance plans allow for 1-2 days for a vaginal delivery and 2-4 days for a C-section. However, you’ll only be discharged when medically stable.
- If you have any questions, please call us. We do not want you to worry needlessly. It is more expeditious, however, if **you** call rather than your partner/spouse or another individual as there may be questions that only you can answer.
- Remember, when calling, identify yourself to the answering service by:
 - **YOUR NAME**
 - **YOUR PROVIDER’S NAME**
 - **DUE DATE**
 - **WHAT NUMBER BABY THIS IS** (i.e. Is this your first baby?)

ARRIVING AT HOAG HOSPITAL IRVINE

The Fudge Family Birthing Suites: Navigate to 16200 Sand Canyon Ave, Irvine, CA 92618. Please refer to the map on the next page for the main entrance that can be accessed through Sand Canyon Ave. Patients can be dropped off at the ‘**Main Entrance Patient Drop-Off/Valet**’ and valet services will be available M-F 5:00AM-9:00PM and Sat-Sun 6:30AM-9:00PM. Patients, visitors, and support persons can park in the P1 East or P2 West Parking Structure. If there is no one to assist you at the main entrance, please call labor & delivery at (949) 517-3223. **Do not** go through the Emergency entrance.

Hoag Hospital Irvine Parking Map

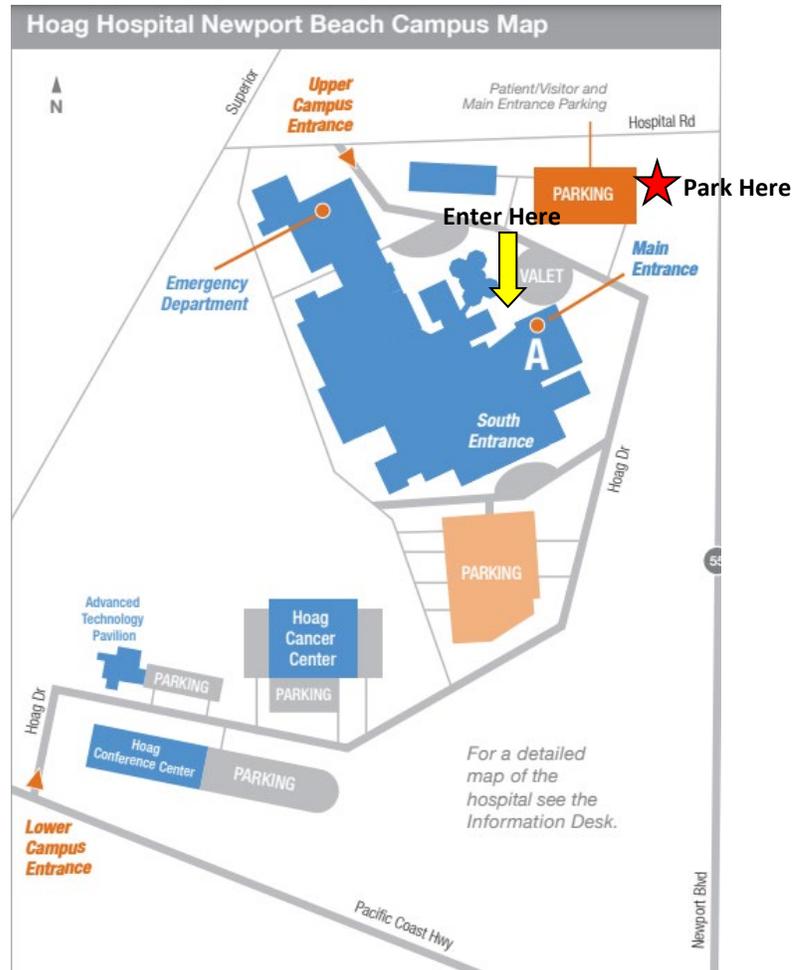
- 1 Hoag Hospital Irvine
- 2 Hoag Orthopedic Institute
- 3 Medical Office Building
- 4 Lab & Logistics Pavilion
- P Parking Structure
- V Valet



Alton Parkway Entry

ARRIVING AT HOAG HOSPITAL NEWPORT

Sue & Bill Gross Women's Pavilion. Navigate to 1 Hoag Drive, Newport Beach, CA, 92663. Please park in the P1 (Dolphin) Parking structure or patients can be dropped off at the 'Valet' roundabout located on the following map next to the Main Entrance. Valet services will be available everyday from 7:00AM to 9:00PM, excluding holidays. Once you enter the East Tower of the Sue & Bill Gross Women's Pavilion, enter the elevators to the left and go to the 5th floor. There, on your left you will enter the single door to check in at the Triage/Obstetric Emergency Department. If you need any assistance, please call (949) 764-5789.



GOOD LUCK ON YOUR BIG DAY!