

## **Third Trimester of pregnancy – When to go to the hospital?**

Most women (especially in their first pregnancy) are often unsure when to go to the hospital to give birth. Below is a list of symptoms and signs you should be aware of that will require you to go to the hospital for further evaluation.

### **Symptoms and signs of Labour**

- When your waters break – you will notice a clear or urine-like fluid coming out and the amount may vary from a gradual trickle to a sudden gush. If you notice a green or dark stained fluid; this may be meconium (the baby's first poo) and can be a sign of fetal distress. There's a risk of infection if your waters break too soon before labour and the waters could bring the cord down as well, compressing your baby's oxygen supply (however, this is very rare).
- You have some slight bleeding, and often mixed with mucus. This is called "show" and arises from the plug that keeps the cervix closed. Labour can start any time after this, although it could be as long as a few days. This does not occur in every woman, so just because you haven't seen yours it doesn't mean you aren't in labour.
- Having contractions – when a contraction starts, it is usually irregular and mild. It will slowly progress to more regular contractions, becoming stronger, last longer and come closer together. If this happens, then it's almost certainly labour.

### **Fetal movement**

- Fetal movement is an indicator of well-being. It is still normal for movement to slow down during the last few weeks as the head descends into the pelvis, and there will be less space for the fetus. However, if your baby is not moving at all for the whole day, or not moving as much as normal, you need to be seen as soon as possible. If you are unsure, please seek advice as soon as possible.

***If you have any of the above, you should get in touch with your doctor or go straight to the labour ward for assessment.***

### **Disclaimer**

This is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is important for readers to seek proper medical advice when necessary.

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