

For issues or concerns during evenings, weekends or holidays when your provider cannot be reached, please contact UMC Labor & Delivery at (702) 383-2440 or (702) 383-2438.

UMC Programs & Services:

UMC Living Institute offers classes and resources on breastfeeding preparation, infant and child CPR, car seat checks, and more at (702) 383-2229.

UMC Baby Steps is a comprehensive program that provides health care for moms and their babies. As part of our partnership with UMC and in order to prepare for your delivery, please contact (702) 383-7318 to start your registration process.

Tours of UMC Labor & Delivery, Nursery, and Postpartum Unit are offered Tuesdays & Thursdays from 5:00PM – 6:00PM. For more information call (702) 383-3848.

**Please go directly to UMC Labor & Delivery if you are experiencing any of the following conditions:**

**CONTRACTIONS AFTER 37 WEEKS\_\_\_\_\_ (please initial)**

When your contractions are regular (under 5 minutes apart) and have been regular for more than 45 minutes. “True Labor” contractions are uncomfortable; it is difficult to walk or talk when you are having a contractions during true labor.

**PREMATURE LABOR\_\_\_\_\_ (please initial)**

If you are having contractions and it is more than 3 weeks before your due date. You may feel like your stomach is “tight.” The baby is “pushing or standing” you have menstrual cramps and/or low backache. If you have any of these signs more than 4x in one hour, go to Labor & Delivery.

**WATER BREAK OR LEAKING FLUID\_\_\_\_\_ (please initial)**

If your water breaks. You may have a gush of fluid or just a slow trickling leak. Please note the time your water broke and the color of the water.

**BLEEDING\_\_\_\_\_ (please initial)**

Vaginal Bleeding that looks like a menstrual period. A small amount of spotting after a vaginal exam is normal. (If you are experiencing vaginal bleeding and are under 20 weeks, go to the Emergency Room)

**SYMPTOMS OF INCREASED BLOOD PRESSURE\_\_\_\_\_ (please initial)**

Blurry vision, bad or constant headache, swelling in your feet, legs or hands, or a bad ache in the upper part of your stomach.

*I have read, understand and agree to the terms, conditions and instructions as listed above.*

---

*Patient Signature or Legal Representative*

*Date*

UMC Labor & Delivery - 1800 W. Charleston Blvd. - Las Vegas, NV 89102 (7<sup>th</sup> Floor)