

**Rubi Khilnani, M.D. FACOG**

1 Baywood Ave., Suite #9, San Mateo, CA 94402

Office# 650.477.8112 Fax# 650.401.8200

**For After Hours or Emergencies please use: Pager# 650.301.2230**

**WHAT TO EXPECT AS WE NEAR LABOR**

Expect to lose your mucus plug (looks like a thick gel that is blood tinged or blood streaked) on average at approximately 38 weeks or so. This does not mean labor is impending –as a matter of fact you may deliver anytime within two weeks on average. No need to call the doctor when you lose your mucus plug 😊

Expect your false labor or Braxton Hicks contractions and uterine “balling up” or tightening to become stronger and more regular as you become near term for most women. You will feel these labor contractions very low in your uterus—at or just above the level of your pubic bone. When you start contracting strongly (where it’s difficult to talk when you are having a contraction) and every 5 minutes for 1 hour straight, it’s time to call/page your doctor (me!). The duration of the contraction is classically 60 seconds. I will give you further individualized instructions based on your needs.

Expect to “break your water bag” or have a spontaneous rupture of the amniotic sac membranes anytime before or during labor. If this happens at home or any place other than the hospital, please call/page me. You will be asked to tell me what time it happened, was it a slow leak or big gush, and what color was the fluid. Normal amniotic fluid is a semi-clear, very light yellow fluid. Seeing some whitish colored particles in the amniotic fluid is normal and usually signifies maturity. I will give you further instructions based on your individual needs.

Please perform “kick counts” to formally count the baby’s movements at least once a day from 36 to 38 weeks and twice a day from 39 to 41 weeks on average. After eating a good meal and drinking 1-2 glasses of water, lay down on your side in a quiet spot and start counting the baby’s movements 20 minutes after completing your meal. The baby should kick you or make active movements 10 times in one hour. If your baby makes 10 movements in a shorter period of time, then you can stop counting. **Please call/page me if your baby is not moving enough even after eating and drinking fluids safe in pregnancy –this is important!**

Expect to pass some blood-tinged mucus/fluids as your cervix dilates when you are in labor. However, should you notice bright red blood dripping/flowing or when you wipe, please do call/page me promptly.

Your activity level will vary depending on your pregnancy course and needs. Therefore, I will discuss an appropriate plan for you individually.

**Of course, know that I am here for you! You can call/page me easily and reliably. It’s going to be a beautiful experience ladies, and I can’t wait to meet your precious baby!!**