

Thank you for pre-registering for delivery. Yeah…**It’s almost time**!

Instructions on returning to the hospital.

If you have an emergent condition, go directly to the Emergency Room.

Examples:

* The baby’s head is delivering
* Bleeding heavier than a period
* Temperature elevated above 100.5F
* Abdominal or uterine pain that doesn’t go away
* Any condition you need to be seen for immediately and is not related to pregnancy i.e.: Car accident, cuts, broken bones, community acquired infection causing cough, cold, vomiting, diarrhea

An Emergency physician may assess you prior to coming to the Labor and Delivery Department

Call your physician, RRH Labor and Delivery (760-499-3134) or come to the L&D Dept. if:

* Contractions every 3-5 minutes, lasting 45-60 seconds (1st baby)
* Contractions every 7-10 minutes, lasting 45-60 seconds (2nd or more baby)
* Bag of water breaks or is leaking-note the color of the fluid and time
* Significantly decreased fetal movement (less than 4 movements in one hour)

If you are considered to have a “high risk” pregnancy your physician may have more instructions for you. Please discuss this at your next doctor’s visit.

If you have a Birth Plan please present it to your physician with the next office visit. He/she will review it with you at that time. It will then become part of your ante partum record and will be available to the nursing staff when you arrive at the hospital in labor.

Participants at the delivery are limited to 2 (spouse/significant other and 1 additional person if desired). Additional visitors will be asked to wait in the Maternal Child waiting room.

Please keep visitors to a minimum. This will provide the new family much needed rest and assist with infection control for the new baby. The only children (those under the age of 14 years) that may visit are the new baby’s brothers and sisters.

Anyone coming to visit must be FREE of illness of any kind. Everyone entering your room must stop at the nurse’s station to WASH THEIR HANDS. The staff will help direct them to do this. Clean hands will limit your infant’s exposure to infection.

We are happy to be part of this very exciting and joyful time.

Thank you for choosing Ridgecrest Regional Hospital

Maternal Child Nursing Staff

**“We Deliver!”**