



**McKenzie  
Midwives  
& LACTATION SERVICES**

**541-744-8660**

**I AM ALMOST TO MY DUE DATE...**

**Contractions:** Call when contractions have become 5 minutes apart (or less) for at least 1 hour and are lasting for approximately 1 minute each (the 5-1-1 rule). This may be true labor or it could be false labor.

Please call for advice.

**Bleeding:** Call if you are having bleeding like a period. Spotting or having flecks of blood mixed with mucus like after a vaginal exam is common. However, bleeding like a period or passing clots is not normal.

Please call if this occurs.

**Water breaking or leaking/Rupture of membranes:** Please call if you feel this has occurred. Please note the time, color, and if any odor is present.

**Mucus Plug:** Having heavy mucus type discharge can occur during later stages of pregnancy as the cervix changes. This is normal and unfortunately, does not necessarily mean that labor is starting soon. Follow up at your next appointment. No need to call and notify midwife if this occurs.

**Travel:** This is not recommended after 36 weeks. As you near your due date, your physical discomforts may increase. Take extra time for yourself. Stay well rested and well hydrated. Sexual intercourse can continue if desired and comfortable.