

Labor and Delivery Triage Action Plan

Call your doctor, midwife, or OB clinic if you have questions or concerns.

What is labor and delivery triage?

An emergency room for pregnant people.

When should you go to labor and delivery triage?

- You have an urgent problem that cannot wait for the clinic to open.
- You have been sent by a doctor or midwife for evaluation.
- You need testing that cannot be done in the clinic.

Call your OB clinic within 48 hours.



- Cold symptoms or a sore throat.
- Toothache or earache.
- Change in vaginal discharge or loss of mucous plug.
- Constipation.
- Nausea or vomiting 1 to 2 times a day after you are 24 weeks pregnant.
- You need a prescription refill.

Go to labor and delivery triage if symptoms do not resolve.



- Vaginal spotting not related to a recent vaginal exam or sex.
- Persistent, strong cramping or contractions for more than 1 hour after you drink water and rest (if you are less than 37 weeks pregnant).
- Strong contractions every 5 minutes or closer for 2 hours after you are 37 weeks pregnant.
- Decreased fetal movement after you are 24 weeks pregnant.
- Fever that is above 100.4°F (38°C).
- Diarrhea or vomiting more than 5 times a day.
- One leg is red, swollen, and painful.

Go to the emergency department or labor and delivery triage right away.



- Have a seizure or faint.
- Vaginal bleeding that is more than just spotting.
- Feel something in your vagina or your water breaks.
- You have trouble breathing or feel short of breath.
- Constant chest pain.
- Trauma to the abdomen.
- Severe headache, blurred vision, or vision changes.