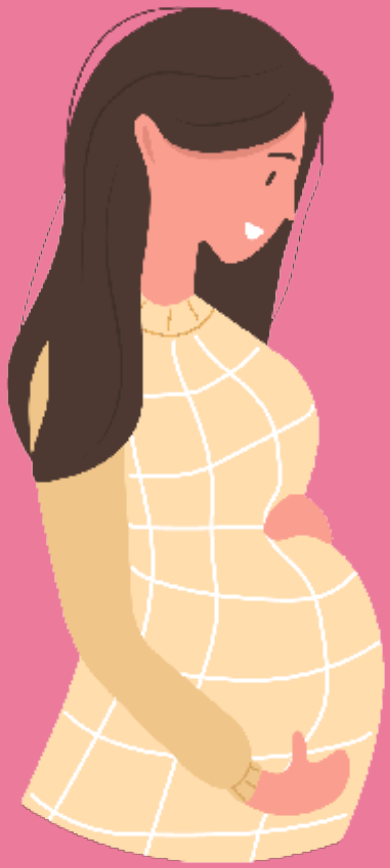
Consorci Sanitari
Alt Penedès-Garraf

Pregnancy and labour guide

All the necessary information about pregnancy monitoring and labour in CSAPG



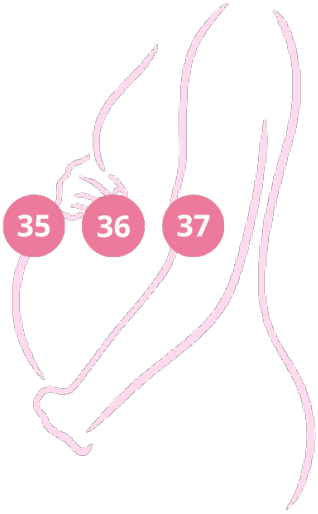
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Pregnancy monitoring in CSAPG

If you are a pregnant women with risk factors, you will have a mixed control between the ASSIR midwife and the high-risk obstetrics consultation, and you will have a specific follow-up based on your needs.

All pregnant women who wish to give birth in our hospital will be referred to the midwifes consultation **between weeks 32 and 37**. There will be the first visit where you can talk about the birth plan, the mother and the fetus will be monitored and we will resolve any doubts you have about what remains of the pregnancy and the postpartum.

24 25 26 27 28 29 30 31 **32 33 34 35 36 37**



1. Am I in labour?

If you have regular contractions with increasing intensity and approximately every 5 minutes, you may be in labour.



When should I go to the hospital?

- If you're in active labour
- If your bag of waters has broken
- If you have bleeding in a similar quantity to menstruation
- If any problem appears

2. I am in the first stage of labour

Once you enter in the hospital, you will go to the labour room where you could be accompanied by the person you decide.

During this period you have to be calmed. You can bring anything you want, any object (pillow, music...) that makes you feel relaxed, like at home. You will also have at your disposal a shower, specific balls for labou, among others.

If you need it, you can request the epidural anesthesia.



3. The time of birth

When you have done all the dilation, you will have the expulsive stage. Its duration may vary from one pregnant women to another. The birth will need your strenght and patience.

- If it's a normal birth, you can give birth in the most confortable position for you.
- If it's a scheduled cesarean delivery, the accompanying person can access the operating room if they wish. In another type of cesarean delivery, the access of the accompanying person will be assessed individually by the obstetrics team. You can also request to attend the caesarean yourself and the team will be in charge of telling you if you can be candidate for this type of delivery.

Regardless of the type of birth, you can have skin-to-skin contact

More information

- You can attend the **informative talks of our Respected Childbirth Care Program**. They are held on-site once a month in en el Hospital Comarcal de l'Alt Penedès (llevadoreshcap@csapg.cat) and in Hospital Residència Sant Camil (xerradespartcamils@csapg.cat).

- On the website **canalsalut.gencat.cat** you can find information about pregnancy in the health dictionary, searching the words: labour, postpartum and baby.

- On the website **www.csapg.cat** in the section "I am pregnant" you can find information about our centres, methodology and recommendations.



Pregnancy and labour guide

Consorci Sanitari Alt Penedès-Garraf

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