

When to come in to Early Labour Assessment Unit



IWK Health

REASONS TO COME TO ELAU Greater than 20 weeks gestation



Vaginal bleeding



Severe abdominal pain



**If you think your water is
broken**



**If you have decreased fetal
movement**

**Cramping or contractions before 36
weeks that are not relieved by
hydration or rest (>1hour)**

**UNSURE IF YOU SHOULD BE COMING IN? CALL
ELAU 902-470-6672**

Are you in Labour with your FIRST BABY?



Come to the hospital when your contractions are less than 5 minutes apart, lasting about 60 seconds, and are uncomfortable.

If you are comfortable, at home, stay there! This stage may last for several hours. Come back to the hospital when you aren't comfortable any more



Come in if you think your water is broken

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Are you in Labour and its NOT your first BABY?

**Come to the hospital
when your contractions
are 5 minutes apart,
lasting about 45-60
seconds, and are
uncomfortable.**

**If you had a fast labour
the last birth, come in as
soon as your contractions
are regular, or you aren't
comfortable anymore**



**Always come in if you
think your water is broken**

**UNSURE IF YOU SHOULD BE COMING IN? CALL
ELAU 902-470-6672**



Vaginal bleeding Less than 20 weeks gestation?

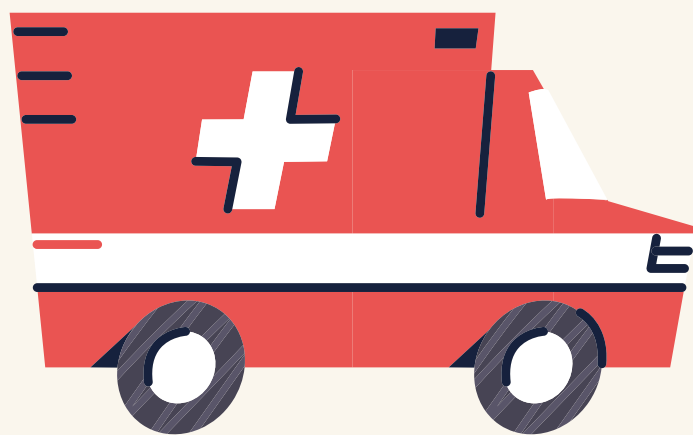
**Please see your primary care
provider, or if emergency - go
to your local adult
emergency department.**

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Reasons NOT to come to ELAU

Any urgent non-obstetrical
health concern: Go to adult
emergency or walk-in clinic



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