

When to go

TO THE HOSPITAL

Deciding when to go may depend on what you've planned for your birth. For example, if you're intending to receive an epidural, you might want to go once your contractions are a little more regular as epidurals may slow labour down a little. Most birth professionals would suggest that having an epidural when mama is 3-4cm dilated is best. However, there are other factors that should be considered when deciding whether to stay at home and labour or to go to the hospital, such as:

- when your waters break (depending on your agreement with your doctor e.g. if your doctor has stated you need to go to the hospital within 24 hours after your waters leak/break)
- when your waters have a greenish tinge or if there's a foul smell (amniotic fluid should be colourless and odourless)
- excessive bleeding (i.e. you're filling up sanitary pads)
- mama says she wants to go

You may also use the *4-1-1 rule as a guide. This means when you time contractions, there's a pattern where mama is:

experiencing a contraction every

4

minutes

each contraction last for about

1

minute

this keeps happening for about

1

hour

Doula tip:

If you're going to the hospital from a destination that's further away or you know there's going to be evening traffic, you can choose to leave for the hospital at the 5-1-1 mark.

*Use a timer app which you can download from app stores.

Also don't get too obsessed over timing contractions. This may lead to mama doubting herself wondering why labour is taking so long. Time them for an hour and then trust the process.

When you arrive at the hospital, you can expect the following:

- to change to the hospital gown (optional)
- your vitals like your blood pressure and temperature will be taken; time permitting, depending on how far along you are in labour, blood samples may be taken as well
- a urine sample will be asked from you
- the nurse attending to you will ask for your medical history
- mama will be hooked up to the Cardiotocography (CTG) monitor for at least 45 minutes to an hour
- a vaginal examination (VE) will also be carried out to see how far along you are

Partners will be asked to submit a form provided by your doctor regarding your admission and to carry out registration procedures.

"Labour and birth is wild. You can see how this is such a vastly different experience for everyone based on pain thresholds, emotional capacity, the people you have around you and of course how the body decides to get you from A to B! I did a natural birth thanks to my wonderful husband and doula and personally it's the best decision I ever made. Don't listen to the horror stories - focus on the positives and just do the checks and balances before the delivery so you are as prepared as possible."

Alexandra, first time mum

Need more support?

We're here when you're ready.

You're doing something extraordinary—preparing to bring your baby into the world. And even with this guide in hand, the journey can still feel overwhelming.

After supporting countless local and expatriate families through pregnancy, labour and birth, I know this feeling well.

Information is everywhere... yet clarity is hard to find.

Books can't answer your specific questions.

The internet contradicts itself.

And friends and family—however well-meaning—often share advice that doesn't reflect your birth, your values, or your hopes.

If you've ever thought,

"I just need someone who gets it... someone who can help me make sense of all this,"

you're not alone.

I see you. I hear you. And your birth goals truly matter.

What I offer is simple: Unbiased guidance. Evidence-based information.

A calm presence who works for you, supports your choices, and walks alongside you as you craft the birth story that feels right and true to you.

If you feel ready for support that's personalised, compassionate and centred on your unique journey, we'd be honoured to walk that path with you.

Let's prepare for your birth, YOUR way - with confidence and clarity.



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