LABOUR DECISION TREE

CONTRACTIONS
Can you talk through them?

YES
Are your membranes ruptured?

NO
Have the contractions been 5 minutes apart or closer for 2 or more hours?

YES
Stay home, call your doctor or triage if unsure

NO
Go to the hospital

YES
Go to the hospital

NO
Are your membranes ruptured?

YES
Follow the “contractions” guidelines

NO
Stay home, watch for other signs of labour

RUPTURED MEMBRANES
What colour is the fluid?

CLEAR
Are you GBS positive or negative?

GREEN/BROWN
Go to the hospital

PINK MUCOUS
Are you having contractions?

YES
Go to the hospital

NO
Stay home, call your doctor or triage if unsure

SHOW
What colour is the discharge?

BRIGHT RED BLEEDING
Go to the hospital

This is not intended to replace your doctor’s or midwife’s advice.
Use this tool only once you are 37 weeks pregnant.
If at anytime you are unsure of what to do, you should call your doctor, midwife, or labour triage at your birth facility.
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