

## List of things you may be asked when you call the hospital

### to inform your labor condition:

**Step # 1.** Fill in the blanks to inform Sapporo Medical Communication Hotline about "your health care provider's name and phone number." Phone interpretation can be provided when talking to your healthcare provider over the phone. **Note: fill out Step 1 ahead of time.**

<b>Medical Communication Hotline 011-211-2121</b>	
Patient Number	
Health Care Provider's Name:	
Health Care Provider Phone Number:	
Medical Facility   Name:	
Medical Facility   Phone Number:	

**Step# 2.** Mark the boxes that pertain to your present condition to report to the Healthcare provider.

**Note: If you mark even one item, call the hotline.**

#### **Present Condition; Check off Boxes**

- This is my first baby, and I feel regular contractions with labor pains (*Jin-Tsu*) in my uterus, occurring every 10 minutes.
- I have had a baby before, and I feel regular contractions with labor pains (*Jin-Tsu*) in my uterus happening every 15 minutes.
- I feel a gush or leaking of warm fluid from the vagina. The membranes may rupture before the onset of labor. Please apply sanitary napkins and call the hospital immediately. Please do not take a bath because you may get an infection.
- My membranes have ruptured (my waters have broken (*Hasui*)).
- I am bleeding:  Small amount.  Moderate amount.  Large amount.
- I have other abnormal signs. (Note Signs)\_\_\_\_\_.
- I feel unbearable pain.
- I did not feel the baby moving for a whole day.

