



# RAHIL MALIK MD

DELIVERY INSTRUCTIONS  
[www.DavieObGyn.com](http://www.DavieObGyn.com)

## Hospital Information

**Location:** HCA Florida University Hospital Address: 3476 S

University Drive, Davie, FL 33328

**Labor & Delivery: 954-475-5758**

**Scheduled Date/Time:** \_\_\_\_\_

**Duration:** Anticipate a stay of 2 to 3 nights.

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**Packing:** Keep items minimal; do not overpack.

## What to Bring:

**Personal Care:** Toiletries, shampoo, soap, robe, and slippers.

**Essentials:** Underwear and any home medications.

**Support Items:** **Abdominal binder** (optional) and your breast pump if you would like hands-on assistance.

**Lactation:** A dedicated nurse is available to assist with breastfeeding and pump setup.

## Before You Arrive

**Personal Care:** Shower, Shave/ groom before coming in.

**Nutrition:** Eat a normal meal. Fasting is **NOT** required before you arrive.

**During Induction:** You may have liquids (soup, jello, Gatorade).

Please avoid heavy meals once the process begins.

## The Induction Process

**Initial Steps:** Medications are typically placed vaginally every 3 to 4 hours.

Oxytocin is administered typically if contractions are far apart or after 3-4 cm of cervical dilation.

**Monitoring:** Frequency is based on your contractions and the baby's heart rate.

**Progression:** Once the cervix is soft, IV medications (Pitocin) are started at a low dose and increase gradually.

**C-Section:** While not anticipated, a C-section may be necessary for fetal heart rate concerns or baby positioning in pelvis. All decisions will be discussed with you thoroughly.

## **REPEAT or SCHEDULED CESAREAN SECTION INSTRUCTIONS:**

Arrive 3 hours before your schedule CS time. No food intake.

Anticipate a spinal epidural and delivery with discharge home in 2-3 nights.

## Managing Pain

**IV Medication:** **Ask before 4 cm.** Available every 2 hours. It may cause drowsiness but usually does not slow labor.

**Epidural:** **After 4 cm.** This is optional and available upon request.

**Recommendation:** If possible, delaying the epidural can help maintain labor momentum, but it can be placed earlier if IV meds are insufficient.

## When to Go to the Hospital Early

Seek evaluation immediately if you experience:

Contractions every 5 minutes for 2 hours. A leakage or gush of fluid (water breaking). Vaginal bleeding or decreased fetal movement.

Uncontrolled blood pressures or as instructed

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**I look forward to guiding you through safe delivery and welcoming your baby!**