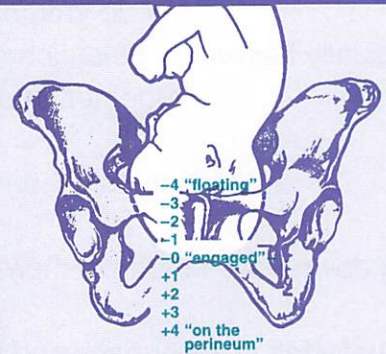
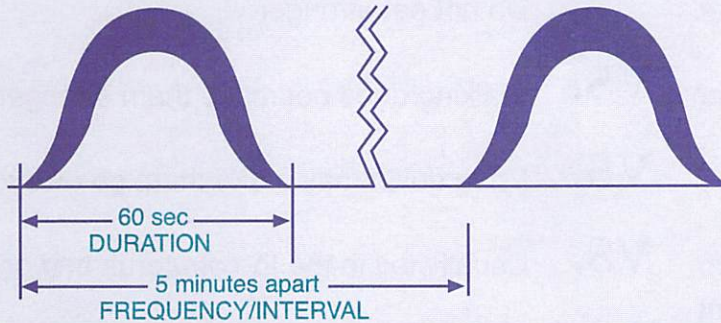


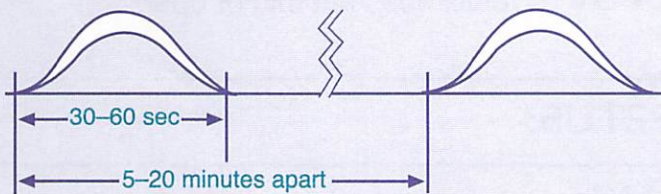
# Signs of Labor

## HOW TO TIME CONTRACTIONS



Lightening—Station

## EARLY LABOR

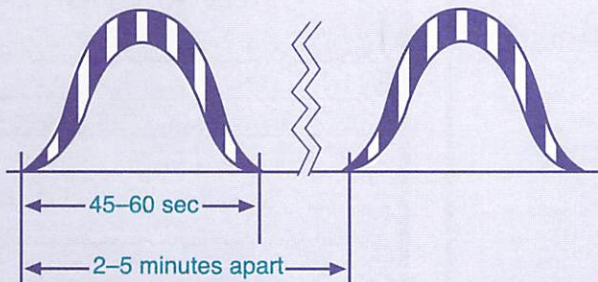


0-3 cm

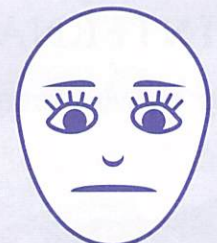


Happy to Be in Labor

## ACTIVE LABOR

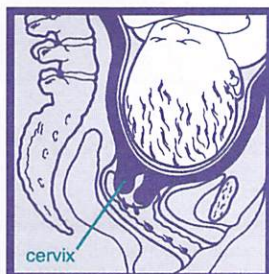


3-7 cm



Serious About Contractions

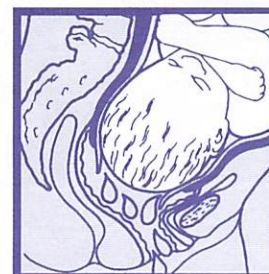
## CHANGES IN THE CERVIX AND MEMBRANES



Mucous Plug and Bloody Show



Effacement and Dilatation



Membrane Rupture

# ACTIVE LABOR

(TRUE LABOR)

# VS. PRACTICE LABOR

(BRAXTON-HICKS CONTRACTIONS)

## CONTRACTIONS:

May be irregular at first  
Usually become regular, longer, closer together, and stronger

**VS.** Usually irregular and short  
Do not get closer together  
Do not get stronger

Walking makes them stronger

**VS.** Walking does not make them stronger

Lying down does not make them go away

**VS.** Lying down may make them go away

Usually felt in lower back and radiate to the front

**VS.** Usually felt in the top of uterus and groin

## CHANGES IN THE CERVIX:

Cervix thins and opens

**VS.** Cervix does not thin or open

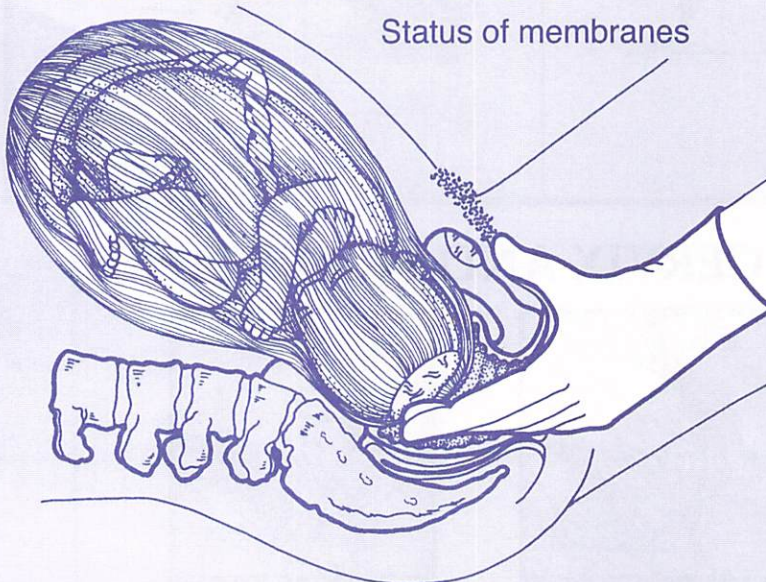
## FETUS:

Begins descent into pelvis

**VS.** No significant change in position

### INTERNAL EXAM REVEALS:

Progressive effacement      Position and presentation  
Progressive dilatation      Pelvic station  
Status of membranes



### HEALTHCARE PROFESSIONAL'S INSTRUCTIONS:

1. Download Full Term App
2. IF it's daytime & you are having contractions or having signs Text me! I like a heads up!
3. IF it is after 9:00pm it is best to let me rest so I can be fresh & rested for your Birth. In the night if your contractions reach 5/1 then CALL ME. Also text me screen shots from the app.
4. IF afraid or unsure Call me anytime day or night

The information contained in this tear pad is not intended to replace the advice of a healthcare professional. If you have any questions, please contact your healthcare professional.

