

Deep Pressure and Loose Bowels

Remember:

Labor is a gradual process. Gradual might mean hours or even up to three days before active labor begins. In any case, these early signs are your body's way of asking you to store energy that you will need in active labor.

Deep Pressure: you may begin to feel the baby moving lower and engaging into the inlet of your pelvis, this is normal. As a result, you may have pressure that feels pretty intense and may cause some discomfort. It is important to stay hydrated and it is also important to keep your bladder empty.

Loose Bowels: you may find yourself having frequent bowel movements and even diarrhea, this is normal one to two days before labor really begins as your body is releasing hormones that get your body ready to birth your baby. However, it is important to note if your bowel movements are from something you ate, do you have a fever, have you been drinking too much electrolytes or Calm (magnesium), are you nervous or stressed?

Be kind to your self and trust your body's knowledge of how to birth that's been passed down to you. Also, as you begin labor know that there millions of other women in labor all throughout the world - many with mid-wives!

If you find yourself having diarrhea several times over the course of a day or several days and you feel weak, shaky and or dehydrated, we strongly suggest you consider getting a mobile IV hydration service to come to your home. Getting a bag of fluids and vitamins can restore your energy and help your body go into active labor. Dehydration is the cause of many labor complications and it can be avoided.

There are many mobile services, the one we recommend is:
Nervana Medical - 928-607-8201(Tiffany) or 928-377-8303 (Joy)

Stay well rested, drink plenty of fluids, empty your bladder frequently, and eat healthy, substantial meals before strong labor starts.