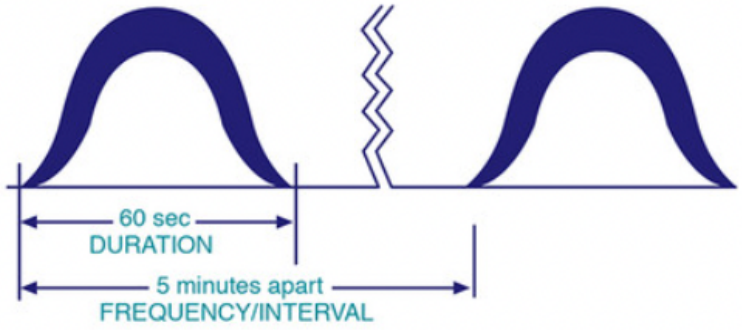
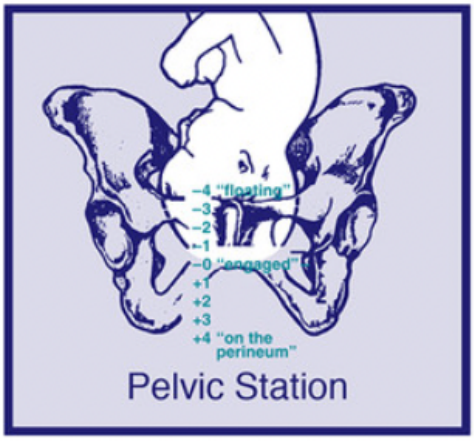
Signs of Labor

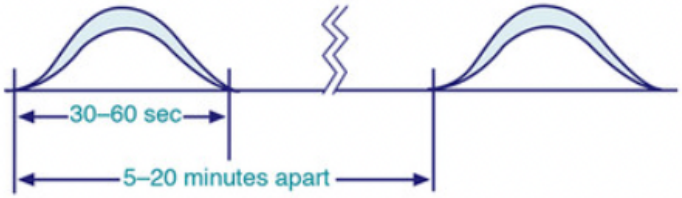
How to Time Contractions





Pelvic Station

Latent (Early) Labor

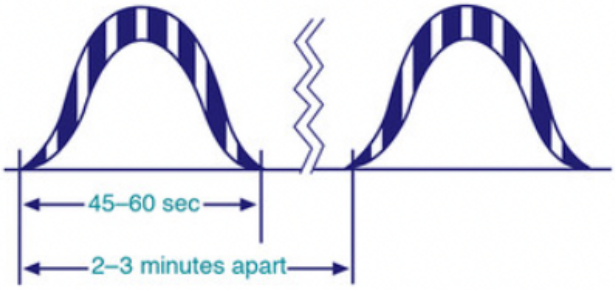




0–6 cm



Active Labor

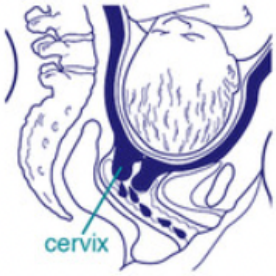




6–8 cm



Changes in the Cervix and Membranes



Mucous Plug and Bloody Show



Effacement and Dilation



Membrane Rupture

Childbirth graphics

52567-14863-0620

True Labor vs. Pre-Labor

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 may make 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 (effaces) and opens (dilates)	**VS.**	Cervix may tilt forward and soften

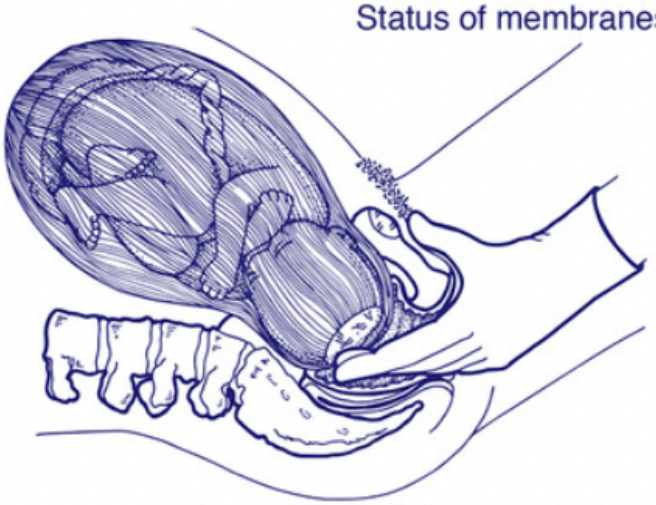
Changes in the Baby:

Baby begins descent into pelvis	**VS.**	No significant change in baby's position

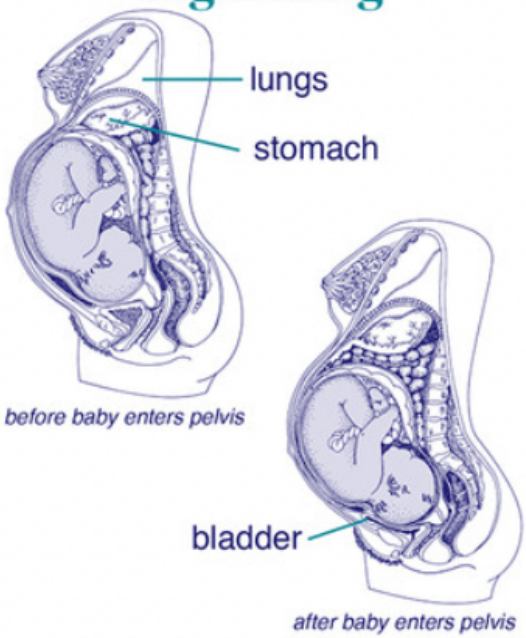
Every woman's labor is unique, and labor will be different each time you have a baby.

Internal Exam Reveals:

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



Lightening



before baby enters pelvis

after baby enters pelvis

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.

Childbirth graphics

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