

Signs of Labor

Learn the signs of labor so that you know when to call your doctor and go to the hospital for delivery. If you have any signs of labor before 36 weeks or 9 months of pregnancy, **call your doctor right away.**

The signs of labor are contractions and rupture of membranes.

Contractions

Contractions occur when the muscles of the uterus tighten and relax as the uterus prepares for delivery.

- **False Labor Contractions**

These often occur during the last month of pregnancy. They:

- ▶ Are irregular.
- ▶ Do not get closer together and may stop after an hour or so.
- ▶ Are not often felt in your back.
- ▶ Stop with walking.
- ▶ Do not get more painful over time.
- ▶ Do not cause the cervix to change.

- **True Labor Contractions**

- ▶ Occur at regular times and last 30 to 60 seconds.
- ▶ Get closer together and more painful over time.
- ▶ May be felt in the lower back and lower abdomen.
- ▶ Continue or increase with walking.
- ▶ Help the cervix to soften, thin, and open for delivery.

Znakovi porođaja

Naučite znakove porođaja tako da znate kada da nazovete svog ljekara i odete u bolnicu zbog porođaja. **Smjesta nazovite svog ljekara** ako primijetite bilo kakve znakove porođaja prije navršenih 36 sedmica ili 9 mjeseci trudnoće.

Znakovi porođaja su kontrakcije (grčenje mišića) i prskanje membrana (opni).

Kontrakcije

Do kontrakcija dolazi kada se mišići maternice stegnu, a zatim opuste jer se maternica priprema za porođaj.

- **Lažne porođajne kontrakcije**

One se često dešavaju u toku posljednjeg mjeseca trudnoće. One su:

- ▶ neredovne
- ▶ vremenski se ne približavaju jedna drugoj i mogu prestati nakon otprilike jedan sat
- ▶ često ih ne osjećate u leđima
- ▶ prestaju kada hodate
- ▶ s vremenom ne postaju bolnije
- ▶ ne izazivaju promjene grlića maternice (cerviksa)

- **Prave porođajne kontrakcije**

- ▶ dešavaju se u redovnim intervalima i traju po 30 do 60 sekundi
- ▶ vremenski se približavaju jedna drugoj i kako vrijeme odmiče postaju bolnije
- ▶ mogu se osjetiti u donjem dijelu leđa i donjem dijelu stomaka
- ▶ nastavljaju se i pojačavaju kada hodate
- ▶ doprinose tome da grlić maternice omekša, stanji se i otvori za porođaj.

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- **If you think you are in labor:**
 - ▶ Rest, if possible, on your left side.
 - ▶ Eat or drink only light foods.
 - ▶ Time your contractions with a watch. If one contraction starts at 9:10 and the next starts at 9:16, they are 6 minutes apart.
 - ▶ Call your doctor, clinic or hospital when contractions are:
 - 5 minutes apart for 2 hours for the first pregnancy
 - 5 minutes apart for 1 hour for other pregnancies
 - As directed by your doctor or clinic.

Rupture of Membranes

Rupture of membranes, called water break, is the trickle or gush of fluid from the vagina after the bag of fluid around the baby breaks. The fluid is often clear, but it may be white or green. The bag of water can break at any time. It may break before you feel any contractions and may leak during a contraction.

- If you think your water has broken, call your doctor and go to the hospital.
- Do not take a bath or put anything into your vagina.
- You may wear a pad.

Talk to your doctor or nurse if you have any questions or concerns.

- **Ako mislite da vam je počeo porod:**
 - ▶ Odmorite se, ako je moguće, ležeći na lijevoj strani;
 - ▶ Jedite i pijte samo laganu hranu;
 - ▶ Satom mjerite kontrakcije. Ako jedna počne u 9:10, a slijedeća u 9:16, to znači da ih dobijate na 6 minuta;
 - ▶ Nazovite svog ljekara, kliniku ili bolnicu ako kontrakcije:
 - dobijate na 5 minuta već 2 sata u prvoj trudnoći
 - dobijate na 5 minuta već 1 sat u ostalim trudnoćama
 - u skladu sa uputstvima Vašeg ljekara ili klinike.

Prskanje membrana

Prskanje membrana, zvano pucanje vodenjaka, je curenje u tankom mlazu ili odliv tečnosti iz vagine nakon što pukne opna sa tečnošću koja se nalazi oko bebe. Tečnost je često bistra, ali može biti i bijela i zelena. Opna sa vodom može pući u bilo koje vrijeme. Do pucanja može doći prije nego što osjetite bilo kakve kontrakcije, a može pući i za vrijeme kontrakcija.

- Ako smatrate da vam je pukao vodenjak, nazovite svog ljekara i otidite u bolnicu.
- Nemojte se kupati ili nemojte ništa stavljati u vaginu.
- Možete nositi higijenski uložak.

Posavjetujte se sa Vašim ljekarom ili medicinskom sestrom ako imate bilo kakvih pitanja ili briga.

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