

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.

陣痛の兆候

陣痛の兆候について知っておけば、いつ主治医に連絡したり、病院に行くべきかを決めるのに役立ちます。妊娠 36 週（妊娠 9 ヶ月）以前に陣痛の兆候が現れたときは、**すぐに主治医に連絡してください。**

陣痛の兆候は、子宮の収縮と破水です。

子宮の収縮

子宮の収縮とは、子宮が出産に備えて筋肉が緊張と弛緩を繰り返す状態です。

• 陣痛でない子宮の収縮

このような収縮は臨月になるとよく起こります。以下のような場合は陣痛ではありません。

- ▶ 不規則。
- ▶ 間隔が長い。1 時間以上開くこともある。
- ▶ 背中の方には感じない。
- ▶ 歩くと止まる。
- ▶ 時間が経っても痛みが強くない。
- ▶ 膣部に変化がない。

• 陣痛時の子宮の収縮

- ▶ 30～60 分ごとに規則的に起こる。
- ▶ 時間が経つと間隔がせばまり、痛みが強くなる。
- ▶ 背中の下部や下腹部に感じる。
- ▶ 歩いても続く、または強くなる。
- ▶ 膣部が柔らかく薄くなり、出産のために開きやすくなる。

- **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.

- 陣痛が来たように思ったら、以下のようにしてください。
 - ▶ なるべく体の左側を下にして横になります。
 - ▶ 飲食は軽いものとどめます。
 - ▶ 時計で収縮の間隔を測ります。収縮が 9 時 10 分に始まり、次の収縮が 9 時 16 分に始まったら、間隔は 6 分間です。
 - ▶ 以下のような状態になったら、医師、診療所、または病院に連絡してください。
 - 初産婦は収縮が 5 分間隔で 2 時間続く
 - 経産婦は収縮が 5 分間隔が 1 時間続く
 - 医師または診療所の指示どおりに起こる

破水

卵膜が破れることを破水と呼びます。胎児を囲む羊水の入った袋が破れ、膣から羊水が漏れ出します。勢いよく出てくることもあります。羊水は透明な場合がほとんどですが、白色や緑色のこともあります。破水はいつでも起こる可能性があります。収縮を感じる前に破水したり、陣痛中に起こることもあります。

- 破水したら、主治医に連絡して病院に行きましょう。
- 入浴はしないでください。膣部に何も入らないようにしてください。
- ナプキンは使用してもかまいません。

質問や不明な事項については、主治医または看護師にご相談ください。

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Signs of Labor. Japanese.