

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.

临产迹象

了解临产迹象，以便您知道该何时打电话给医生并去医院分娩。如果您在妊娠期 36 个星期或 9 个月前有任何临产迹象，**请立刻打电话给医生。**

临产迹象是宫缩和羊膜破裂。

宫缩

当子宫肌肉收紧再放松，子宫准备分娩时，宫缩就发生。

- **假临产宫缩**

此宫缩经常在妊娠期的最后一个月发生。假临产宫缩：

- ▶ 不规则。
- ▶ 不会变得密集，可能会在一个小时左右停止。
- ▶ 不常在后背感觉到。
- ▶ 步行时会停止。
- ▶ 疼痛不会逐渐加剧。
- ▶ 不会引起子宫颈变化。

- **真临产宫缩**

- ▶ 发生时间规整，持续 30 - 60 秒。
- ▶ 逐渐更加密集和更痛。
- ▶ 腰部和下腹部可能有感觉。
- ▶ 步行时仍会继续或加剧。
- ▶ 帮助子宫颈变软、变薄并为分娩而张开。

- **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.

- 如果您认为您要临产，该做什么：
 - ▶ 请休息，如果可能，靠左侧卧。
 - ▶ 少量吃喝。
 - ▶ 用表给您的宫缩计时。如果一次宫缩在 9:10 开始，下一次在 9:16 开始，间隔是 6 分钟。
 - ▶ 宫缩是以下情况时，请给您的医生、诊所或医院打电话：
 - 初次妊娠为间隔 5 分钟达 2 小时
 - 其他妊娠为间隔 5 分钟达 1 小时
 - 请按医嘱或诊所指示进行。

羊膜破裂

羊膜破裂称为破水，是包在宝宝周围的液体袋破裂后阴道滴流或液体涌出。液体常常是无色的，但有可能是白色或绿色。羊水袋随时会破。可能在您感觉到任何宫缩前羊水会破，也可能在宫缩时漏出羊水。

- 如果您认为羊水已破，请打电话给您的医生并去医院。
- 请不要洗澡或把任何东西放入阴道。
- 您可能要放一片月经垫。

若有任何问题或担心，请告知您的医生或护士。

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Signs of Labor. Simplified Chinese.