

# 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.

# 分娩的跡象

瞭解分娩的跡象，以便知道何時致電給您的醫生，並前往醫院生產。如果您在懷孕 36 週或 9 個月之前即有任何分娩跡象，請立即致電給您的醫生。

分娩的跡象是宮縮和羊膜破裂。

## 宮縮

子宮準備生產時，其肌肉會緊縮和放鬆，此時即發生宮縮。

- **假宮縮**

這種現象常常在懷孕的最後一個月發生，其特點是：

- ▶ 不定時。
- ▶ 不會越來越頻繁，並可能在一小時左右後停止。
- ▶ 不常在後背感覺到。
- ▶ 走路時即停止。
- ▶ 不會逐漸變得更疼痛。
- ▶ 不會造成宮頸變化。

- **真宮縮**

- ▶ 定時發生，並持續 30 至 60 秒。
- ▶ 越來越頻繁，逐漸變得更加疼痛。
- ▶ 可在腰部和下腹部感覺到。
- ▶ 走路時會繼續或更加疼痛。
- ▶ 幫助宮頸變軟、變薄並打開，以便生產。

- **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.**

- 如果您認為自己將分娩：
  - ▶ 儘可能靠左側休息。
  - ▶ 僅限吃喝清淡的食物。
  - ▶ 用表為宮縮計時。如一次宮縮從 9:10 開始，下次宮縮從 9:16 開始，則宮縮間隔為 6 分鐘。
  - ▶ 當宮縮達到以下密度時，請致電您的醫生、診所或醫院：
    - 初孕者宮縮持續 2 小時，間隔 5 分鐘。
    - 經產婦宮縮持續 1 小時，間隔 5 分鐘。
    - 按照醫囑或診所指示辦理。

## 羊膜破裂

羊膜破裂稱為破羊水，是指寶寶周圍的液體囊破裂時，液體從陰道中滲出或湧出。液體常常呈透明，但也可能呈白色或綠色。液體囊可在任何時候破裂。它可能會在您感到任何宮縮之前破裂，也可能會在宮縮期間破裂。

- 如果您認為您的羊水已破裂，請致電您的醫生並前往醫院。
- 不要洗澡或將任何東西放入陰道。
- 可墊一塊衛生棉。

如果您有任何疑問或疑慮，請與您的醫生或護士討論。

2005 – 2/2011 Health Information Translations

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Signs of Labor. Traditional Chinese.