



Women's Clinic, Ltd.

How will I know if I'm in labor?

False Labor – Contractions:

Some feel strong and some are milder

Usually irregular

Last less than 60 seconds

Do not get closer together

Do not get longer

Felt more at top of uterus

Walking may make them go away

True Labor – Contractions:

All are equally strong

Time between contractions is the same

Last 60 seconds or longer

Get closer together over time

Get longer over time

Felt more just above pubic bone

May get stronger with walking

When should I call the doctor?

1. Call if you are suspicious of rupture of membranes – could be gush or constant trickling.
2. Call if you have heavy red bleeding.

If this is your first baby:

Contractions every 4-5 minutes from beginning of one to beginning of next.

And: Each contraction lasts 60 seconds from beginning to end

And: They have been that way for at least 1 hr.

And: You have a very hard time breathing through contractions

Or: You have questions

Or: You do not know what to do to cope with labor

Or: You feel afraid or uncomfortable at home

Not your first baby:

Contractions as strong as you remember from active labor with your prior delivery.

And: Each contraction lasts 50-60 seconds from beginning to end

And: Contractions are regular and at least every 5-6 minutes from beginning of one to beginning of next

Or: Contractions are not regular but feel strong

Or: You have questions

Or: You feel uncomfortable being at home.

Discuss with the doctors any changes in the above instructions for you because of:

1. Length of last labor
2. Weather
3. Distance to the hospital from your home
4. Group B Strep results