

Labour Cheat Sheet

"Pre" Labour Signs



- Lower back ache
- Nesting
- Bloody show
- Irritability/ Restlessness
- Baby drops into position

True Labour Signs



- Strong, regular contractions
- More bloody show
- Your water breaks (although uncommon)

When To Go to The Hospital

Or call your midwife



- You are actively bleeding



- Foul smell and/or greenish, brown colour to your amniotic fluid



- You are having a fever



- You haven't felt baby move in over an hour

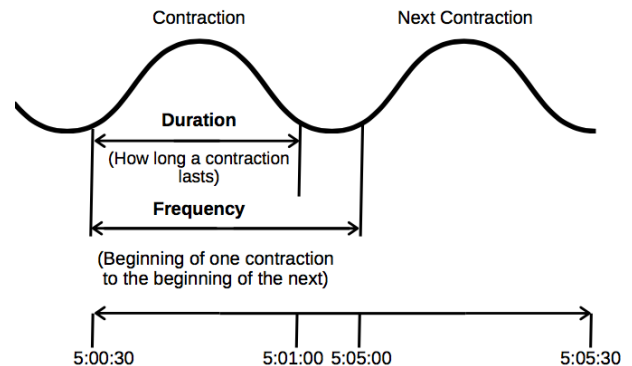
Be sure to discuss with your doctor/midwife any situations that may affect when it is appropriate to go into the hospital.

When To Call Your Doula

Discuss with Sarah what communication will look like. To ensure she can arrive in a timely manner, consider the following:

- Update her as soon as you see any of the changes mentioned in labour signs
- Update Sarah when given direction from your medical provider when it relates to labour
- Unless otherwise arranged, Sarah will typically come when contractions are 7-1-1. Be aware so you can notify her as you approach this stage.
- Communication is key!

How To Time Contractions



The **duration** of these contractions is **30 sec.**
The **frequency** of these contractions is **4 mins 30 sec.**