

SIGNS OF LABOR

Possible Signs of Labor

These are sensations that you may experience in the weeks, days, or hours leading up to labor. They may or may not mean that labor is close at hand. Time will tell!

- Burst of energy ("nesting")
- Fatigue
- Vague, nagging low backache
- Restlessness
- Diarrhea
- Menstrual-like cramps
- Increased vaginal discharge (clear, watery)
- Practice contractions*

Preliminary Signs of Labor

These are signs that your body is moving into the very early parts of labor. Strong, progressive contractions may still be days away – or not!

- Leaking of amniotic fluid
- Bloody show
- Loss of mucus plug

Positive Signs of Labor

Signs and sensations of the real deal!

- Contractions that get longer, stronger, and closer together
- Waters releasing with a large gush

**A note about practice contractions: If you are having more than 4 contractions per hour prior to 37 weeks, even if painless, it's a good idea to call your provider.*