

# All About Labor

A full term (normal length) pregnancy lasts 37 to 42 weeks. Most people go into labor during this time.

Labor is the process of giving birth to your baby. It happens when your uterus contracts to push the baby out. The contractions will get stronger and more painful as your labor continues.

## What Should I Do If I Think I Am In Labor?

You should call OB Triage (272-2460). Please let them know if your blood pressure has been high or if you have had a C-section before. Here is some information on when to call:

- Call when you're having regular painful contractions for 1 hour that:
  - come every 3 to 5 minutes (see orange box on the right).
  - last 1 minute each.
  - feel **very strong**.
  - are all the same strength.
- Call **sooner** than 1 hour if:
  - this isn't your first baby **and** your previous labors were fast.
  - you live far away from the hospital.
- Also call if your "bag of waters" breaks (your water breaks).
  - Tell us if the fluid is yellow, green, or brown colored (like the baby pooped inside).
  - Tell us if you are GBS positive (have the Group B Beta Strep bacteria). You should have been tested for this bacteria at your clinic.



### How to Time Contractions

Count the time from the **start** of one contraction to the **start** of the next contraction.

## Come to the Hospital If:

- ⚠️ you have heavy bleeding from your vagina, like a period.
- ⚠️ you have a very bad headache, problems seeing, or pain under your ribs on the right side that doesn't go away.
- ⚠️ you have had a C-section delivery in the past and you are having contractions.
- ⚠️ your baby isn't moving.