

Is It Time Yet?

Signs of Labor

As you approach your due date, you will be looking for any little sign that labor is about to start. You might notice that your baby has dropped or moved lower into your pelvis. If you have a pelvic exam during your prenatal visit, your doctor might report changes in your cervix that you cannot feel, but that suggests your body is getting ready for delivery. For some women, a flurry of energy and the impulse to cook or clean, called “nesting”, is a sign that labor is approaching.

Call our office if you have any of the following signs of labor, your doctor will decide if it is time to go to the hospital or if you should be seen at the office first.

- If you are having contractions that are 5 to 10 minutes apart and last for 20 to 60 seconds for one hour. This will feel like a tightening of your stomach or uterus.
- If you have lower back pain or cramping that does not go away.
- If your water breaks which can be a sudden gush of fluid or a constant leaking of fluid.
- If you have a bloody (brownish or red-tinged) mucus discharge. This is probably the mucus plug that blocks the cervix.

False Labor

Many women, especially first-time mothers-to-be, may experience false labor. False labor or Braxton Hicks are common in the last weeks of pregnancy. These contractions or tightening of the uterus will not be in a regular pattern and they taper off and go away. If you begin to experience contractions, time them. Use a watch or clock to keep track of the time one contraction starts to the time the next contractions starts, as well as how long each contraction last. Some women find that a change in activity, such as walking or lying down, makes Braxton Hicks contractions go away. This will not happen with true labor. If you are unsure, call our office.

What should I take to the hospital?

Bath Robe

Socks

Slippers

Going home outfit for you and the baby

Personal Care items

Nursing bra and pads if breastfeeding

Camera!

Infant Car Seat