


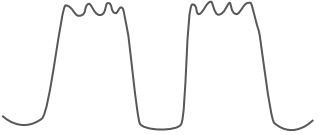


A quick guide to labour

Stage/Phase	Feelings	Happenings	Helpful ideas
<p>1st stage; Early phase (8-16hrs) 0-4cms dilated Contractions 5-20 mins apart 20-40 seconds duration</p> 	Excited, apprehensive	<ul style="list-style-type: none"> Mucous tinged with blood Back ache Lower abdominal pain (like period pain) Sometimes diarrhoea Sometimes water breaks 	<ul style="list-style-type: none"> Keep eating and drinking Call hospital Time contractions (from the start of one to the start of the next one) Move around Keep busy
<p>1st stage; Active phase (3-5hrs) 4-8cms dilated Contractions 3-7 mins apart 50-60 seconds duration</p> 	Becoming weary, restless	<ul style="list-style-type: none"> Contractions strong, regular Intense lower abdominal pain Lower abdominal pain Back ache may continue Totally focussed on labour Dependant on support people Blood tinged mucous Waters may break 	<ul style="list-style-type: none"> Use deep breathing Focus Hot shower/spa, hot packs Change positions Rest between contractions Sip fluids/suck sweets
<p>1st stage; Transition phase (1/2-2hrs) 8-10cms dilated Contractions 2-3 mins apart 60-80 seconds duration</p> 	Tired, irrational	<ul style="list-style-type: none"> Long, strong contractions May have double peaks May feel anal pressure and urge to push Intense tiredness Maybe nausea/vomiting Shaky Feelings of panic 	<ul style="list-style-type: none"> Try a position change Massage back/thighs Cool flannel on face and neck Listen to support people's reassurance Believe in your body
<p>2nd stage; Pushing (1/2-2hrs) Fully dilated Contractions 2-3 mins apart 60-90 seconds duration</p> 	Working hard	<ul style="list-style-type: none"> Contractions space out, may last Pain less intense, more pressure Strong urge to push Stretching and burning as baby's head moves down 	<ul style="list-style-type: none"> Push with contractions longer (use a mirror) Cool washer/spray to face and neck Listen to support people - pant when told to

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