

# Labor Cheat Sheet

How do I know if I'm in labor?



## When should I go to the hospital?

Go to the hospital or call your midwife immediately if:



- You have bleeding (more than pink/brown tinges in your discharge)



- Foul smell to your amniotic fluid when your water breaks



- Green/Brown color to your amniotic fluid when your water breaks



- You haven't felt baby move for a while. (10 movements in 1 hour is ideal)

Be sure to talk with your Health Care Provider about any special circumstances (ie GBS, STIs, or other factors that might change when is best to go to the hospital)

## "Soft" Signs (Labor is imminent):



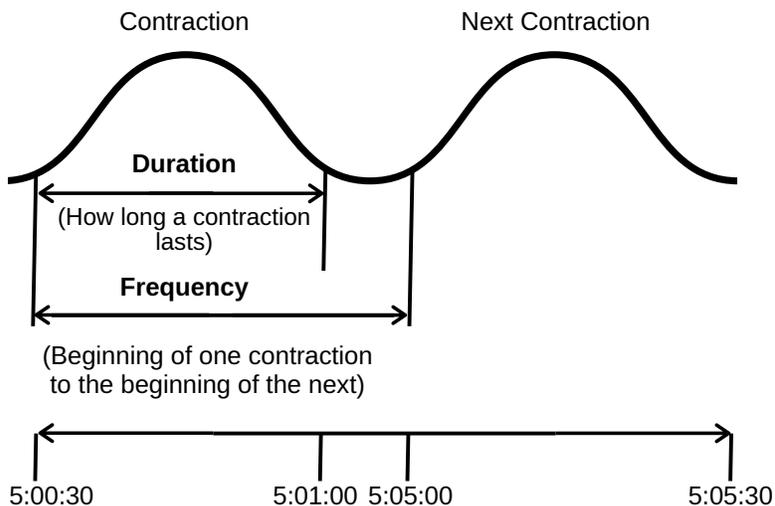
- "Baby "drops"
- Loss of mucus plug
- Nesting
- Restlessness/Irritability
- Nausea/Diarrhea
- Cervix softens and opens
- Cramping and lower back ache

## "Hard" Signs (True labor signs):



- Your water breaks (very uncommon. Waters generally release later in the labour process)
- Strong, regular contractions (getting stronger, longer and closer together.
- Bloody "show" (Pink tinged mucous as the cervix begins to open)

## How to Time Contractions



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

### Remember 4-1-1

- 4 minutes apart, lasting 1 minute, consistently for 1 hour**

## When to call your Doula

Don't forget to talk to your Doula about how they would like to be updated! To make sure that your Doula can arrive in a timely manner, here are a few things to keep in mind:

- Keep your Doula up to date on how you're feeling/if you notice any changes.
- Contact your Doula at the first signs of labor; bloody show, loss of mucous plug, contractions (ie: cramping) and/or waters breaking.
- Contact your Doula when contractions get into a pattern of 7 minutes apart, lasting 1 minute, consistently for 1 hour.
- Be aware of weather conditions and do your best to contact your Doula with enough time for them to arrive given those conditions.
- Communication with your Doula and other support people is important to ensure everyone is able to arrive and support you when you need them!