

LABOUR AT 37-42 WEEKS

In the last few weeks of your pregnancy you may experience practice contractions, very often at night and can be for several hours or days. These contractions are sore enough to keep you awake but not strong, long and very painful like labour contractions.

This is a positive sign that pregnancy is ending but can be very tiring. Try to eat, sleep and rest when they go away. There is no need to tell us about this!

SIGNS OF LABOUR

Mucous show (Slimy stringy discharge)

Usually clear, pink or can be blood stained.

You can have more than one and can be several days prior to labour.

No need to do anything!

Waters may break

Put on a sanitary pad - if it is your waters it doesn't smell, it should be clear or pink and will continue to leak as you move about.

If this happens you don't need to do anything, usually you will go into labour over the next 18-24 hours. If its night-time, go back to sleep and ring your midwife after 9.00 am in the morning. If the water is GREEN or BROWN call your midwife.

Contractions

Contractions usually start off weak and irregular, your tummy will go hard, and you will feel pain in either your back or tummy or both. Move about, try a heat pack or warm bath/shower.

THIS MAY GO ON FOR SEVERAL HOURS BEFORE YOU ARE ESTABLISHED IN LABOUR!

You need to wait till they are very regular at least every 2-3 minutes, lasting >1 minute, very painful so that you can't talk during or soon after the contractions - BEFORE YOU RING YOUR MIDWIFE

You still will have several hours of labour to go. The average length of a first labour 12-15 hours.

WHEN CONTACTING YOUR MIDWIFE ABOUT LABOUR YOU MUST RING NOT TEXT. IF SHE DOESN'T ANSWER HER PHONE LISTEN CAREFULLY TO HER VOICE MESSAGE AND FOLLOW ANY INSTRUCTIONS GIVEN - DO NOT TEXT

If you have any heavy bleeding, brown or green waters or are concerned about your baby's movements ring your midwife ☺

HELENA HUMPHRIES	021 504506
ANDREA MCLELLAND	021 032 5188
NICOLE UPTON	027 972 4442

If your midwife is unavailable for any reason her Back-up or one of our team will be available at all times.