



LABOR INSTRUCTION

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Digital Version



WHAT ARE THE SIGNS THAT LABOR IS STARTING?

The different signs that labor is starting can include the following:-

- The baby moves lower(or “drops”) in your belly.
- You have increased vaginal discharge that is thick, mucus like, or slightly bloody.(Vaginal discharge or “show” is the term doctors use to describe the fluid that comes out of the vagina.) The increased vaginal discharge is sometimes called a “mucus plug” or a bloody show.
- Your water bag breaks. During pregnancy, your baby is in your uterus and surrounded by a fluid called amniotic fluid. This sac will break open sometime before your baby is born. When it breaks, the fluid inside comes out of your vagina. This can feel like a gush or trickle of fluid.
- You have low back pain or belly cramps.
- You start having contractions. During a contraction, the uterus tightens. This can be painful and make your belly feel hard. After a contraction, the uterus relaxes, and the pain goes away. Some women have “Braxton Hicks contractions” or “false -labor contractions”. They feel like contractions, but they are not true contractions. They do not mean that you are in labor.

HOW CAN I TELL IF I'M HAVING TRUE CONTRACTIONS?

- It can be hard to tell if you are having true contractions or Braxton Hicks contractions. But here are some ways to help tell the difference.
- True contractions come every few minutes and get more frequent over time. Braxton Hicks contractions can come every few minutes, but they don't get more frequent over time.
- True contractions don't go away, even when you rest. Braxton Hicks contractions usually go away when you rest.

- True contractions will get stronger and more painful overtime. Braxton Hicks contractions usually don't get stronger or more painful overtime.
 - True contractions might be felt in your back and front. Braxton Hicks contractions are usually only in front.
- If you are still not sure whether you are having true contractions, come to the emergency department immediately.

WHAT ARE THE SYMPTOMS IF THE PATIENT ALREADY HAVING INCREASED BP?

Most women with increased Bp do not feel any difference than usual. Blood pressure usually does not cause symptoms unless it is severe. Signs and symptoms of severe blood pressure include:

- A bad headache.
- Changes in vision : blurry vision.
- Belly pain, especially in the upper belly.

If you have above mentioned symptoms come to the emergency department.

WHAT SHOULD I DO IF MY BABY'S MOVEMENTS GET REDUCED ?

If you do not appreciate 3 fetal kick in one hour or 10 fetal kick in 12 hours – you have to come to the emergency department.

Sometimes, when the baby is in distress the first signal it gives out to the mother is reduced fetal movements.



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THE LOCATION

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