



prairie midwives

www.prairiemidwives.ca

## When to Call in Labour and You've Given Birth Before

### Call between 9 am to 9 pm

- Heads up page – if you think you are going into labour
- If your water breaks in the night and the fluid is clear, no strong smell, and feeling baby move; put on a pad and get some sleep. Call us at 9 am to let us know. If you start having contractions after your water breaks see “call at anytime” section.
- Normal for water or discharge to have a pink tinge or streaks of blood

### Call at Any Time of Day or Night

• Contraction pattern: When you have had a baby before active labour is often a lot quicker than in a first birth. Labour can sometimes happen quite fast! These are only general guidelines and can vary from person to person depending on their individual circumstances. If you are having contractions and your water breaks, often labour will quickly speed up. If there is a shift in more intense contractions soon after your water breaks, call your midwife.

- *Frequency*: every \_\_\_ mins or less (measuring from the beginning of one contraction to beginning of the next contraction) (This timing will be discussed between you and your midwife)
- *Length*: lasting 45 seconds or more
- *Strength*: steadily increasing  
= this has been happening consistently/ approximately 30 minutes or more

OR

- 3 strong contractions in a row even if they are more than 5 minutes apart
- strong urge to push, you feel like the baby is coming
- Water breaks and is discoloured = green, brown, black and/or has a strong smell; GBS positive
- Bright red bleeding like a menstrual period
  - Normal to have mucousy bleeding = bloody show
- You should continue to feel the baby move here and there. It can be more difficult to feel movement with contractions because you are focused on the contraction. If you are not feeling movements, call your midwife.

### Coping in Labour

- Avoid timing contractions until they feel regular
- Try to get a nap/rest if you think you are in early labour
- Do some light activity; go for a walk, stretch, yoga, sit and move hips on an exercise type ball (if available)
- Distractions: play a game, watch a movie
- Once you can no longer rest or be distracted: move with your contractions, keep changing positions, rest in a side lying position, stay off your back, have a bath or shower
- If having lots of back pain: forward leaning positions such as being on your hands and knees; your support person can apply pressure to your lower back while having contractions
- Try to focus on your breathing during your contraction and take a big cleansing breath after each contraction
- Drink lots of fluids. Eat meals if you feel like it or small snacks
- Empty your bladder every few hours