

SIGNS THAT YOUR BODY IS PREPARING FOR LABOR

- Feeling that the baby has dropped lower
- Belly tightening that comes and goes
- Nesting urge
- Increasing backache

SIGNS THAT LABOR MAY START (WITHIN A FEW DAYS)

- Increase in discharge (clear or light yellow)
- Soft bowel movements
- Restlessness
- Difficulty sleeping
- Backache
- Frequent contractions that come and go

SIGNS THAT LABOR HAS PROBABLY STARTED

- Contractions that are growing longer, stronger, and closer together
- Contractions that don't go away even if you move, change positions or take a shower
- You may find it difficult to walk and talk during contractions
- Cervical change
 - Progressive opening and thinning of the cervix (can be through a pelvic exam with your healthcare provider)

SIGNS THAT LABOR HAS STARTED

- Your water breaks - it may be a trickle or a gush
- You can no longer walk and talk during contractions
- Contractions continue to grow longer, stronger, and closer together.

WHEN TO CONTACT YOUR HEALTHCARE PROVIDER

- Ask them for specific instructions and a phone number to call. Every person's situation is unique to them.
- When contractions are about four minutes apart, lasting for about a minute, and this has been going on for about an hour
- If you have any concerns about yourself or baby
- Decreased movement of the baby (less than ten movements in two hours)
- Bright red bleeding like a period (light mucousy spotting is a normal sign of labor)
- Very bad headache or change in your vision (spots, flashes of light, blurriness)

PLEASE NOTE

If you are not at least 37 weeks pregnant and you have four or more contractions in an hour or break your water, contact your health care provider as you may be in preterm labor.

REFERENCES

[ACOG](#)

[Mayo Clinic](#)

[Science and Sensibility](#)



Braxton Hicks vs. Labor Contractions How to tell them apart		
	Braxton Hicks Contractions (Not time yet!)	Labor Contractions (Baby on the way!)
Timing of Contractions	Do not come regularly and do not get closer together	Come at regular times and get closer together over time. Each lasts about 30 to 70 seconds
Change with Movement	Contractions may stop when walking or resting, or they may stop with a change of position.	Contractions continue despite movement or resting.
Strength of Contractions	Usually weak and do not get much stronger, or may start strong and get weaker	Get steadily stronger
Pain of Contractions	Usually felt only in the front	Usually starts in the back and moves to the front

source : <http://www.acog.org/-/media/For%20Patients/faq004.pdf?dmcc=1&ts=20120801T1121182122>