



### WHAT IS A CONTRACTION?

As muscles of your uterus contract, you will feel your abdomen harden. As the contraction goes away, your uterus becomes soft.

It is normal for your uterus to contract during your pregnancy. The muscle layers of the uterus (womb) tighten irregularly from the early weeks and throughout pregnancy. You may feel them as early as four months but many women don't notice them until seven or eight months. Usually, these contractions are not painful. You may notice more contractions when you first lie down, after orgasm, if you have a full bladder, or after you walk up and down stairs.



### FALSE LABOR VS. TRUE LABOR

#### False labor or early labor:

- Irregular contractions and/or more than 5 minutes apart
- Constant pelvic pressure and not intermittent or wave-like
- Losing mucous plug does not indicate the start of labor
- During false labor, try to distract yourself. Watch a movie, take a shower, go on a walk and drink fluids (dehydration can cause irregular contractions)

#### True labor:

- Contractions are 5 minutes apart (from start to start), and lasts at least 1 minute; this pattern continues for 1-2 hours
- The contractions make you stop and catch your breath
- The contractions do not go away after drinking some fluids or lying down

Try to walk and see if the contractions get stronger and more regular.

### BLOODY SHOW

Bloody show is a small amount of blood mixed with mucous, which is a normal part of labor. After a cervical exam, you may see some bloody show. The show is less than a period. If you soak a pad in less than an hour, please call NEMS OB department.

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。  
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.  
North East Medical Services disclaims any liability for the decisions you make based on this information.

### MEMBRANES (BAG OF WATER)

During pregnancy, your baby is surrounded and cushioned by the amniotic sac which is filled with amniotic fluid. Typically, at the beginning of labor your membranes will rupture- also known as water breaking. The amniotic fluid is often clear and has a distinct smell, which is quite different from the smell of urine. If you notice a yellowish or greenish fluid, or are Group B Strep (GBS) positive, please make sure you communicate this and give the GBS report to the OB doctor or nurse.

### TIMING CONTRACTIONS

- Time the **frequency** of your contractions by counting the minutes from the beginning of one contraction to the beginning of the next
- Time the **duration** (length) of your contractions by counting the seconds from the start to the end of several contractions
- Measure the **strength** of your contractions by whether you can walk or talk during a contraction

### PLEASE CALL NEMS

- When contractions are 5 minutes apart (from start to start) and lasts at least 1 minute; this pattern continues for 1-2 hours
- When contractions are 3-5 minutes apart and last 45-60 seconds for 1 hour. If you have given birth before, please call if you are contracting 5-7 minutes and lasts 45-60 seconds for 1 hour
- When your bag of water breaks, please note the color of your amniotic fluid. Please call immediately if you are leaking green or yellowish fluid
- If you are having persistent heavy bright red vaginal bleeding
- If you are experiencing continuous and intense abdominal pain
- If at any time during false labor or true labor, your fetal kick count falls below 10 movements in 2 hours

**If you have been given any other instructions by the doctor, please follow her/his guidelines. If you think you need to go to the hospital or emergency, always call NEMS OB department first. We have operators to answer your calls 24 hours a day, 7 days a week.**



### 甚麼是子宮收縮(簡稱宮縮)?

子宮肌肉收縮時，您會感到腹部變硬。子宮收縮消失時，子宮和腹部會變得柔軟。

在懷孕期間子宮產生收縮是正常的。從懷孕的最初幾週開始，直到懷孕結束，子宮的肌肉層會偶爾繃緊。您可能早在四個月的時候就會感覺到，但許多婦女要等到七個月或九個月時才注意到。這些子宮收縮通常沒有疼痛感。如果您在性高潮後初次躺下，或是膀胱漲滿，或是上下樓時，會注意到更多子宮收縮。



### 假臨產與真臨產

#### 假臨產或早產:

- 子宮收縮(陣痛)不規則及 / 或每次子宮收縮相隔時間超過五分鐘
- 骨盆壓力屬持續性而非間歇性或波動式
- 黏液栓塞脫落(見紅)並不代表您會馬上開始分娩。
- 若您處於假臨產的狀況，嘗試分散注意力：看一場電影、沖澡、散步或喝飲品(脫水會引起不規則的子宮收縮)

#### 真臨產:

- 宮縮相隔時間(從開始到下一次開始)為五分鐘，每次宮縮最少持續一分鐘，並此模式會持續一到兩小時
  - 宮縮會使您停下來用力呼吸
  - 宮縮在喝水或躺下後仍不消失
- 嘗試行走並留意宮縮是否變得更強烈和有規律。

### 見紅

見紅是少量與黏液混合的血液，是分娩中的正常部分。宮頸檢查後，您可能會出現見紅的現象。見紅量應少於經血量。若於一個小時內浸透了一塊衛生棉墊，請致電東北醫療中心婦產科。

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。  
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.  
North East Medical Services disclaims any liability for the decisions you make based on this information.

### 羊水

懷孕期間，您的寶寶由充滿羊水的羊膜囊包圍和保護著。通常，分娩開始的時候羊膜會破裂，俗稱羊水破裂。羊水帶有一種與尿液非常不同的特殊氣味，而且顏色是透明的。若羊水呈綠色或黃色，或 B 群鏈球菌(GBS)呈陽性的，到達醫院時請告知當值的婦產科醫生或護士，並把 GBS 報告交給他們。

### 計算宮縮

- 從開始宮縮起算至下一次宮縮開始之間的時間來測定您宮縮的**頻率**
- 計算宮縮的時間從開始到結束的秒數，由此測定您宮縮的**持續時間**
- 根據您是否能在宮縮時行走或說話來評估宮縮的**強度**

### 請致電東北醫療中心

- 當宮縮相隔時間(從開始到下一次開始)為五分鐘，每次宮縮最少持續一分鐘，並此模式已持續一到兩小時
- 當宮縮相隔時間為三至五分鐘，每次持續 45 至 60 秒，而且此模式已持續一小時。如果這不是您的第一胎，請於宮縮相隔時間為五至七分鐘，每次持續 45 至 60 秒，而且此模式已持續一小時時致電
- 當您的羊膜破時，請留意羊水的顏色。若羊水呈綠色或黃色，請務必立即告知當值的婦產科醫生
- 如果有持續的、大量呈鮮紅色的陰道出血
- 如果有持續性的強烈腹痛
- 如果在真臨產或假臨產中，胎動在兩小時內少於十次

如果醫生有給您其他指示，請遵照他 / 她的指引。

如果臨產或有其他緊急需要，去醫院或急診室前請先致電東北醫療中心通知婦產科醫生 / 護士。若逢辦公時間，請諮詢護士；非辦公時間如假日、晚上則與接線生諮詢。