

## General Information for the Pregnant Patient

### INFORMATION ON NORMAL LABOUR AT TERM

Real active labour is when contractions begin to become more and more intense, frequent and at regular intervals (for example every 5 minutes) and do not decrease with rest.. The pain of labour maybe felt in the abdomine or in the back. If it is not active labour, contractions will decrease with a warm bath, hydration, and rest.

#### WHEN TO COME TO THE HOSPITAL

If you contractions are still present after resting (taking a 20-30 minute bath in warm water, relaxing and hydrating with a litre of water), come to the obstetrical department.:

- For a first baby : when contractions are every 5 minutes or less, are regular, and painful for at least **2 hours**
- For second and third babies: when contractions are every 5 minutes for at least **1 hour**.
- If you have a loss of amniotic fluid (loss of waters, liquid running down your leg, small or large quantities of liquid) . Come to the hospital even if you do not have contractions.
- If you have bright red bleeding.
- If there is a decrease in baby's movements- you find they are not moving as they normally do.
- For all other concerns regarding your pregnancy.

#### STAGES OF LABOUR

**Latent Phase: Not all women will have this phase. This phase is when contractions do not cause the cervix to change. It normally occurs 12-24 hours before the beginning of active labour **though can be on and off for several days.****

#### Active Phase of Labour (Opening of cervix with regular intense contractions)

- Begining of dilatation of 4 cm to complete dilatation of 10 cm.  
Average length: First baby : 6-18 hours.  
Second Baby : 2-10 hours.

#### Expulsion (pushing or delivery baby)

- From complete dilatation to delivery of baby  
Average Length: First baby, ½ - 2 hours.  
Second Baby and more : 5-60 mins.

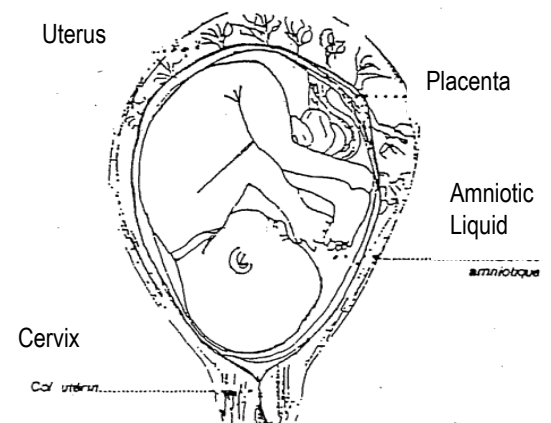
The length can be longer with an epidural

#### Delivery (delivering the placenta and afterwards)

- From delivery of baby to delivery of the placenta (afterbirth)  
Average Length : 5-20 minutes

#### Observation after delivery

- Average duration of 2 hours



#### RESSOURCES

**DO NOT HESITATE TO CALL : 24 HRS/7 DAYS A WEEK**

**LABOUR AND DELIVERY FLOOR (OBSTETRICS) : 819-966-6395**

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