

# Vaginal Birth

## Labor Instructions

### **Braxton-Hicks Contractions**

The last month of your pregnancy is the time when your body starts preparing for the process of delivery.

- You may start to experience irregular contractions
- They often last 10-15 seconds and usually go away within an hour
- They may increase with activity and decrease with rest
- If these contractions do not progress into regular painful contractions, they are typically referred to as Braxton-Hicks Contractions

### **Real Contractions**

Real contractions tend to be more painful than Braxton-Hicks contractions.

- They tend to occur at more regular intervals, and for longer than 1 hour
- They often do not allow you to talk or walk when they occur
- They may lead to vaginal spotting or even breaking of the amniotic sac
- Refer to your BabyScripts app if you have more questions

*(continued)*



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# Vaginal Birth – Labor Instructions (continued)

## When to Call Your Doctor

*As your due date approaches, some scenarios should prompt you to call your doctor:*

### Contractions

- Painful contractions every 3-5 minutes that last longer than 1-2 hours

### Vaginal Bleeding

- You may have some spotting or blood-streaked mucous, especially after a pelvic exam. Bleeding like a period is abnormal and should be evaluated immediately.

### Spontaneous Rupture of Membranes

- This may occur as a gush of fluid that wets your clothes or a small leak of fluid that may keep your clothes damp.
- Your water may break when you start to have uterine contractions or contractions may begin soon after your water has broken. You should call the doctor immediately when this occurs or if you are unsure if your water has broken. There is an increased risk of infection around the baby the longer the water is broken without delivery. We REALLY want you to call us right away if you believe your water has broken or if you have a question.

### Decreased Fetal Movement

- As your pregnancy progresses and your baby gets bigger, the movement of the baby may change. Decreased or no fetal movement could signal a problem with your baby and should be evaluated as soon as possible. Please call us immediately if you are experiencing decreased movement.



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