

A Quick Guide to Coping with Early Labour



The guide aims :

- to help you tell the difference between latent (false) labour from active (true) labour.
- to support women to remain at or return home during the latent phase of labour.
- to give reminders on the various types of coping strategies that can be used.

**This is ONLY a guide for women who have reached 37 - 41 weeks of pregnancy.
Women experiencing labour pains before 37 weeks must seek medical or midwifery advice.**

LATENT LABOUR (FALSE LABOUR)	ACTIVE LABOUR (TRUE LABOUR)
Contractions :	Contractions :
Usually irregular and short Do not get closer together Do not get stronger , lasting<45 secs	May be irregular at first Usually becomes regular, 1: 5-10 mins Get stronger, lasting >60 secs
Walking does not make them stronger	Walking makes them stronger
Lying down makes them go away	Lying down does not make them go away
Usually felt in front and groin	Usually start in the back and radiate to the front
May have mucous show	May have bloody mucous show
May have backache	May have backache

SELF-HELP TIPS.....Have you tried :

Bath	Mobilisation	Light diet + fluids	Paracetamols (No more than 8 in 24hr)
Rest and relaxation	rocking your hips	back massage	
Breathing technique	TENS		

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