

Latent Phase of Labour: What's Normal?



Stop Start Contractions that are uncomfortable and don't intensify

Change in Baby's Movements

Normal

Blood streaked mucus show

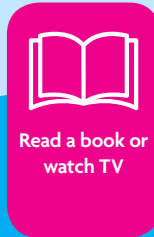
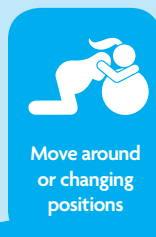
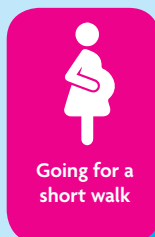
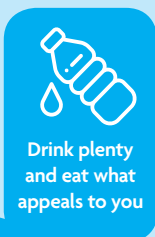
More than a little bit of blood

Not Normal

Waters Breaking – clear fluid (trickle or gush)

Waters Breaking – not clear in colour (trickle or gush)

Things you can do to help



When should I contact the maternity unit?

Active labour usually begins when your your contractions are regular and coming about 3 in every 10 minutes. However, listen to your body, if your contractions are less frequent than this but you want to speak to a midwife please call for further advice and support.

Please do not hesitate to contact the maternity unit immediately if have any concerns or worries.