

STAGES OF LABOUR

Remember

Braxton Hicks Contractions

No more than 1 or 2 per hour
Irregular and not increasing in intensity or frequency
Resolve with Ambulation or Change in Activity

STAGE ONE

Begins with regular contractions
Progressively more rhythmic, longer and stronger
Typically every 10-15mins increasing to every 2-3mins
Cervix will efface (shorten) and dilate to 10cm

CAN TRANSFER THESE LADIES TO MATERNITY UNIT

STAGE TWO

Starts at full dilatation and ends with delivery of baby
Usually heralded by a strong urge to push

IF VERTEX VISIBLE - PREPARE TO DELIVER IN DEPARTMENT

STAGE THREE

Delivery of Placenta

Usually within 5-10mins but can take up to an hour
Generally allow to happen spontaneously
Don't pull on cord unless delivering actively